Discover the Secret of True Love

TRUE LOVE IS BLISS

NOT JUST A KISS

By

AiR

Atman in Ravi

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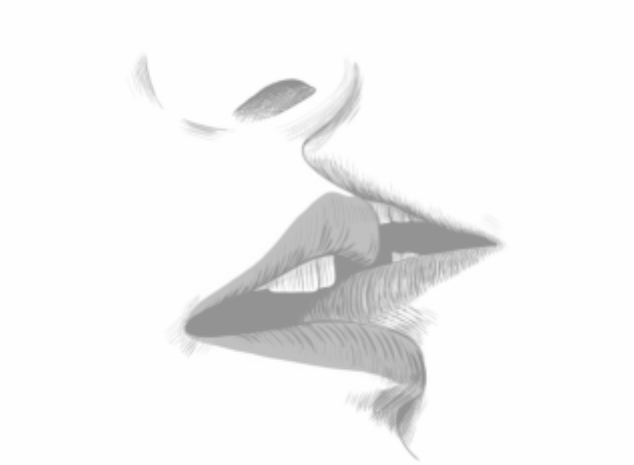
Of course, Love is about roses,
And hearts and hugs and kisses...



But one who doesn't discover *True* Love,
The Bliss of Love he misses.

PREFACE

Who doesn't know the meaning of Love? We love from the day we are born, till the day we die. But we don't understand what Love truly is. Love is a fountain of joy, a source of peace, an emotion that is truly Divine.

While we all love, we don't realize that *True* Love is bliss. Unfortunately, we think Love to be just a kiss. We think Love is all about romance and sex. Those who ponder may realize that Love can be emotional and intellectual too. But have you ever thought what is the source of Love? Where did this magical emotion come from? Who gave us the gift to Love?

We loved our parents when we were kids, and then we loved our friends till we grew up and then we fell in Love. Our romance led to relationships, even marriage, and a family. And it's all because of Love. The whole world is talking about Love, but has anybody stopped to find out the *true* meaning of Love.

True Love is very different from what the world thinks Love to be today. *True* Love is the emotion that inspires us to ultimately, achieve the purpose of life. *True* Love gives us happiness, something each human being seeks. *True* Love gives us peace. But is that what we see Love as when we look around us?

It seems Love is all about broken hearts. Most of the Love stories of the world are those where the lover dies for the beloved. If there is no tragedy in Love, it does not seem Love at

all. But this is a myth, an illusion. Out of ignorance, we misunderstand the true meaning of Love and thus miss all the bliss that *True* Love creates.

The Greeks classified Love as Erotic and Spiritual, Eros and Agape centuries ago, and so did the Sufis. Many ancient civilizations tried to define what *True* Love is and how it is very different from the physical manifestation of Love.

Somehow, the world gets carried away with the passion that Love seems to generate and with it, we get immersed in relationships that come with a promise to give us joy and fulfillment, but make us suffer.

True Love is Divine. It is pure bliss and has no place for misery or sorrow. But we can enjoy *True* Love only when we discover what it truly is. If we go on a quest to understand what Love is and what are the types of Love, we will ultimately discover the difference between Love and *True* Love. If we are fortunate to discover *True* Love then our life will be a life of bliss, joy, and peace.

Of course, Love seems to start from the heart, and then it's the body that loves. The mind too takes an active part in the magic called Love. But this Love gives us happiness just as it steals our joy and makes us sad. Why? Because we did not discover *True* Love that stems from the Soul. We never realized that Love is born deep within from the spirit, which is our life itself.

Come! Discover the magic of *True* Love and transform your

life. Learn to live with everlasting joy and eternal peace as you decode the mystery of Love and discover *True* Love. Then you will go beyond a Kiss, and find *True* Love that is Bliss.

Love is a journey of two hearts,
trying to become one.
It's more to do with body and mind,
and together, having fun.

***True* Love is Divine Soulful Love,**
it loves the Soul within.
It is universal and loves one and all,
it goes far beyond the skin.

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Love is...
Mostly an attraction
of the beauty of the skin.

***True* Love is...**
Divine Soulful Love,
that loves the one within.

WHAT IS LOVE?

Definition of Love: Isn't it great to feel Love, to fall in Love and to fill your heart with Love? Would you rather choose to live with hate? No human being would prefer hate to Love, just as it is instinctive for a human being to wish for happiness, seeking pleasure and not pain.

Love is an intense feeling of deep affection. While it is used to express great interest or pleasure in something, be it football or chocolate, normally, Love instantly refers to a magical feeling a person has for another person. There are different types of Love, but the emotion of Love is distinctly connected to happiness, fulfillment, and positivity. It is said that the word "Love" originated from *Luf* which means 'dear'. Love vibrates the feelings of dearness, adorability, and affection. When there is Love, we cherish and look forward to what we love. While we don't really need to define Love because we all know what it means and how we feel when we love, not many of us know what *True* Love is.

Why do we say, "I love you?": When we want to express our Love, we normally use these words, though Love can also be expressed with a gentle touch or with a loving glance. Acts of Love also express our fondness or Love for somebody. But then, we also say – "I love football" or "I love chocolates." How is it different from "I love you"? Is Love just a feeling of liking somebody or something, or is it something deeper, far more passionate?

We may like somebody but it does not mean that we love them.

When our liking becomes intense, it may mature into Love. However, this does not mean that all liking becomes Love. While liking may not be Love, is it possible to love somebody but not like them?

There is a big difference between liking and loving. While 'Love' is used to express our preference - what we 'like' the most - this liking is not really Love. The real emotion of Love is a deep longing and desire for somebody alive who can reciprocate our Love.

In fact, when we love, specific hormones are released in the brain. These Love hormones, like oxytocin or serotonin, create a euphoria of pleasure releasing other associated hormones like dopamine. Together these hormones create feelings of contentment and calmness as they make us feel secure and happy.

So, what exactly is Love? Love may be used in different contexts, but when we talk of *True* Love, we are talking of a relationship between two people. We are not referring to our passion for a hobby or favourite food. Sure, we may love burgers and pizzas, but that is not the *True* Love we are trying to discover. We are more interested in understanding what makes our heart dance when we love somebody. What causes this ecstasy when we so passionately seek to be with the one we love? Yes, it may be friends and family too. Love is also not restricted to a person or beloved. In fact, we can sometimes love a pet more intensely and dearly than a person.

Why do we fall in Love?: If one analyzes the emotion of Love, it seems to be one of the basic human instincts that we are born with. Just like somebody would choose pleasure and not pain, happiness and not unhappiness, a normal human being is born to love and not to hate.

As a body-mind-Soul complex, we are blessed with sense organs that develop Love naturally when we come in contact through sight or touch. Sure, somebody may fall in Love listening to a voice, but we must understand why we fall in Love. Over time, we human beings believe that we have a heart that loves. Therefore, the symbol of the heart is a global phenomenon. But neither does the real heart look like the heart symbol used in expressing Love nor is the function of our heart organ to love. Then why do we feel that Love comes from the heart? Because the blood gushes to the heart when we feel the strong emotion of Love, we tend to believe that the heart is the organ of Love.

Love has more to do with the brain and the mind, for it is produced by a thought that causes the brain to release hormones that accelerate the heartbeat, whether inspired by our senses or not. Although the heart seems to have nothing to do with Love, we feel and we seem convinced that we love from the heart.

Together our body and our mind fall in Love. The motivation of Love may be different in different cases. Men are supposed to be driven by physical factors, just as women are inspired by

emotions. Thus, came about the phrase, "Men are from Mars, women are from Venus." This is absolutely true because men and women seem to have a very different design and they react differently when it comes to Love. If you love a woman emotionally, there are good chances that she will become physical, just as if you love a man physically, emotions of Love will follow.

But why do we love? Man has been created by the Creator as a social animal. Generally, human beings don't like to live alone. We are born in a family and we experience Love in our natural surroundings. Then we grow up, and we love our best friend or our dog. As the body and mind mature, we fall in Love with our beloved. This is a natural phenomenon. Just like we eat, drink and sleep, it is very natural to love.

Those who go into the depth to understand *True* Love realize the Divine Truth. The life inside each one of us is yearning to unite with the universal Divine Energy that is no different from the life in others. The Universal Law of Love is such that Love energy naturally flows out of an individual to love another. Therefore, it is absolutely natural for Love to flow from one person to another, whether it manifests as kindness, compassion, romance or sex. It is this deep natural yearning from the Soul within that seems to be the essential and natural cause of Love. Maybe, Love is inspired by the instinctive desire of man to be happy as it is the source and fountain of joy. Some people believe that we are created with a sense of incompleteness. This creates the desire to love.

What are the Manifestations of Love?: Love manifests in many ways. While we feel our heart beating faster, we also experience that enhanced energy, that euphoria when Love strikes the brain. Can't we make out from a person's behavior whether they are in Love or they are full of hatred? While it is easy to differentiate between Love and hate as they are two opposite emotions, Love manifests in its own unique ways. Somebody's excitement may be expressed by singing a song, while somebody's happiness born out of Love will show on their personality, in their behaviour. Giving a rose to somebody is not the only manifestation of Love. Being caring, being kind, sharing, sacrificing, and going out of the way to do something for someone you love are simple manifestations of the Love emotion.

Men and women are known to give up their life for the sake of someone they love! Therefore, Love can be considered to be amongst the most passionate of human emotions. This source of happiness creates a smile and brings a twinkle in our eyes. Love is magical! It manifests in ways that are beyond human description.

Love creates Relationships: As we grow up, don't many of us build a strong friendship and love our best friend? This innocent childlike Love has nothing to do with the Love understood by the world. One may have intense Love for their parents or their siblings. These relationships can last for life. But Love known to the world is more intense and passionate when it is between a man and a woman. This relationship leads

to the contract of marriage which is now considered sacred by most religions. Creation has led humanity to continue relationships throughout life by creating well-knit families who bond together as a loving unit of human existence. Have you ever stopped to ponder what is the foundation of a family? It is Love born out of the body, mind, heart, and Soul that causes the creation of a family and thereafter, fosters the growth of it. Without Love, there would be no relationships.

What is the connection between Love and Romance?: Is romantic Love the same Love that we feel for our parents, brothers, sisters, friends or even our pets? Of course not! Romantic Love is very different. Romance is another manifestation of Love, born out of Love. Where there is no Love, there is no real romance. Love is the cause, romance is the effect. Remove Love, and romance will disappear. When romance is just teasing or playing, there is no emotion of Love involved. It is just a tool for pleasure and happiness.

True Love makes one go out of the way to please the beloved. We do anything and everything possible to express our Love. One can see lovers willing to sacrifice anything to please the one they love.

Love without romance is so boring and spice-less. Love blooms with the fragrance of romance and is built on it. While we all experience Love and romance, what makes Love *True*? Why do romantic relationships break?

Marriage… is it Love?: We all know that marriage is not Love.

It is a contract between two people to live together and build a family. Marriages sometimes, take place due to Love and sometimes they are arranged, but for sure, we expect Love to be existent in a marriage, which often, is not the case. Therefore, some people find it ridiculous to marry without Love, but there are many cultures who refuse to accept Love marriages. Regardless of whether a marriage is born out of Love or not, can a marriage survive without Love? Can two people live with each other for life physically, intellectually, and emotionally without the presence of Love?

Why do some marriages celebrate silver jubilee and golden jubilee while others break apart? Love is the cause! Where there is Love, *True* Love, a marriage will never break. In fact, the word 'marriage' itself means two people becoming one. How is this possible without Love?

Is Love Sex?: The most common misunderstanding about Love is that it is sex. Some people think that Love is all about a physical crush and then, romance, and sex. There seems to be no doubt that sexuality is a natural manifestation of Love. Human bodies have been created in a way that copulation is natural, whether it is born out of the emotion of Love or not. Sex as a human instinct can exist without the emotion of Love. Thus, they say that prostitution is one of the oldest human professions. But we have cases where we find people fall in Love with a prostitute! Why? Because the physical act of sexual intercourse releases the hormone oxytocin, that creates an attachment, an intense passion between two people. While this

may happen, in most cases, sex can exist without Love.

Can Love exist without sex?: While there may be cases of Platonic Love, sex seems to be a natural manifestation of Love. When two people truly love each other, their Love becomes evident through body-mind-heart and Soul. Humanity, by and large, is confused about the relationship between Love and sex because we have not understood the meaning of *True* Love.

The magic called Love: Love is magic and for those who don't experience this Divine emotion, their life is tragic. However, the world has experienced both, the comedy of *True* Love and the tragedy of broken hearts. Love has inspired people to the peak, just as it has broken people and made them weak. Some people have let Love create their success, just as some people have let Love be the cause of their failure.

What is Love? What is the true meaning of Love? How can one use this Divine emotion "Love" to live a life of joy, peace, and bliss?

Love says...
I love you because I need you.

***True* love says...**
I need you because I love you.

SUMMARY CHAPTER 1
WHAT IS LOVE?

- Love vibrates the feelings of dearness, adorability, and affection.

- There is a big difference between liking and loving. While 'Love' is used to express our preference - what we 'like' the most - this liking is not really Love.

- We tend to believe that the heart is the organ of Love but it is brain that releases hormones that accelerate the heartbeat.

- Romance is another manifestation of Love, born out of Love. Love is the cause, romance is the effect.

- Man is a social animal. He doesn't like to live alone. He needs to be in relationships and experience Love.

- Marriage is not Love. It is a contract between two people to live together and build a family.

- While there may be cases of Platonic Love, sex seems to be a natural manifestation of Love.

- Love is magic and for those who don't experience this Divine emotion, their life is tragic.

TYPES OF LOVE

While we know what Love is, we must define Love as it exists before we discover *True* Love. We have eliminated liking of things and fondness for our hobbies from the domain of Love. However, Love for our parents, our friends, our beloved, our pets, and even Love for God, are different kinds of Love.

While there are many kinds of Love, the term 'Love' in today's world directly relates to Love between man and woman. Yes, Love has a variety of ways to express and manifest itself, but most commonly, Love is romance. It is a joyous emotion that is connected to hugs, romance, and kisses. For that very reason, the world remembers and talks of Love stories between a man and woman that have made a remarkable impact on the world, but not immortalized Love between parents and their kids, or people and their pets. This is enough to show that the power of Love is specifically seeking deep fulfillment from a relationship between man and woman.

Over the centuries, the world has captured the depth of Love through some Love stories that have become immortal. The story of Romeo and Juliet, a classic Love story written by William Shakespeare, is based on a true life experience where Love is conquered by hate. Two powerful families, formerly enemies, were united because of the Love of their children, Romeo and Juliet. Such stories, that show the power of Love, have made Love immortal.

There are many popular Love stories from India as well: Sohni Mahiwal, Mirza Sahiba, and Heer Ranjha - the most popular of

these being Heer Ranjha. Although most iconic Love stories are tragic, they don't end in tragedy before they can portray the Divine power of Love. The recurring theme in many of these stories is how an extremely beautiful woman from a very wealthy family falls in Love with an ordinary, simple boy who is unemployed. Sometimes, it is a flute, at other times, a guitar that becomes the instrument to open the door to Love. Regardless, most Love stories experience stages of bliss and sorrow.

A popular story from ancient Greek mythology is that of Helen of Sparta, the wife of King Menelaus, who was considered the most beautiful woman in the world, and who was abducted by Prince Paris of Troy which eventually, led to the famous Trojan war.

While there are several variations on what really happened in such legendary Love stories, all civilizations have Love stories that resulted in heartbreak. The story of Laila Majnu is another popular, immortal Love story. Many believe that it was a real-life episode. During the 7th century, a beautiful, rich girl was all set to marry a rich boy, but she fell in Love with a poet. Laila and Majnu were banned from seeing each other and Laila was married off to a wealthy man. Mad in Love, they both died consumed by the passion for each other. Even today, parents obsessed with their social or economic status, refuse to let Love override their standing in society. Their disapproval or refusal sometimes causes their children to commit suicide.

King Edward the VIII, in more recent times, was willing to give

up the British throne which he eventually did when he married his love, Wallis Simpson who was an American divorcee. There are hundreds of such Love stories and while some of them may be mythological epics, there are others like the life story of King Edward which are very real.

The fifth Moghul emperor, one of the most renowned kings, in the 17th Century and known for constructing one of the wonders of the world, the Taj Mahal, has become immortal for his Love for Mumtaz. Not everybody knows that the Taj Mahal was built as a mausoleum by Shahjahan for his loving empress, Mumtaz Mahal. Not only is it a mark of their eternal Love and devotion to each other but those who visit the Taj Mahal in Agra, India, can sense Mumtaz's beauty and feel the *True* Love that seems to have existed between the Emperor and his Queen, Mumtaz.

What do these Love stories tell us? There is no doubt that Love is the most powerful human emotion! It can drive people to do the impossible, just as it can destroy people, communities and even countries.

Historical evidence of the Power of Love: If we study history, it is not surprising to find so many instances, where the power of Love has proclaimed its strength. Kings and princess over several civilizations and countries have given up their wealth, name and title for the sake of Love. People have given up their life just like they have taken the life of others driven by Love.

While Love between man and woman is considered to be

Love, *True* Love is something different. It evolves and goes beyond romance and a kiss. It is this *True* Love that is bliss. Love, by itself, is a bouquet of roses and thorns. World famous Love stories have not just been about singing and dancing - many have had tragic ends. Love is such a consuming emotion that it can lead to rage and frustration, even suicide and murder because of jealousy.

Why? If Love is an emotion of Joy, then why should there be so much pain? This is because it is Love and not *True* Love. *True* Love is bliss, in which there is only joy and no misery, but very few are fortunate to discover the secret of *True* Love.

Love exists in a child, just as it does in parents. It exists for friends, just as it exists for a pet dog. These are stages of Love that we transcend. We grow through Love until we seem to reach an illusionary peak. However, *True* Love is a peak beyond.

Over the centuries, Love has been defined by different civilizations, cultures, religions, and philosophers. They have discussed different aspects of *True* Love, but unfortunately, this concept of *True* Love has not been captured by the world.

The 7 types of Love in ancient Greece: If we study Greek mythology and their philosophy of Love, it is very interesting to find that the ancient Greeks had divided Love into 7 types. What are these 7 types of Greek Love?

1. Eros: The most famous Greek Love is Eros. Eros is more

sexual passion than Love. Although such obsession for a person is normally a manifestation of Love - the question is whether Eros is the ultimate Love or not. Unfortunately, lust and sexuality have destroyed the true meaning of Love and Eros is so often just a physical passion. Eros is Love between one body and another and is primarily physical Love. While Eros may be built on romantic madness, it may end up being shallow Love which is nothing more than an attraction or crush. Thus, the world talks of Erotic Love as primarily representing the idea of sexual passion and desire.

2. Philia: Philia as per Greek philosophy is friendly Love. This Love is based on a foundation of kindness and compassion and is not an attraction of one body to another. Two friends can share Love without it being erotic Love. Philia is more often considered as Love that manifests as goodness and kindness.

3. Storge: The third type of Love as per the Greeks is Storge. When a child is born, its Love is very innocent. The child loves the mother and father. Parents too love their children. This Love is different from Eros and Philia. It is most often seen in happy families where Love flows creating togetherness and bonding.

4. Ludus: Is Love always serious? We have all experienced and know of playful Love. It is Love that has not yet become erotic and also, does not emanate from Eros. It is not associated with the Love of family and friends. Ludus is nothing but romance out of a crush or an attraction out of fun. In today's world,

Ludus can be seen in teenagers as they grow. Ludus manifests in flirting, dancing and playing with the one we love. We normally, leave Ludus behind as we grow up and our Love matures.

5. Pragma: When Love becomes more pragmatic, it evolves from being physical to being more emotional and intellectual. It may not be wrong to say that women have more Pragma, just as men have more Eros. But this may change as humans evolve. This Love is seen in beautiful loving relationships of couples who celebrate their silver or golden jubilee, whether or not they have physical intimacy. It involves a feeling of comfort, protection, and peace in the other's presence and in the relationship.

6. Philautia: Another unique Love as per the Greeks is Love for oneself. The Greeks understood that in order to care for others, we must first learn to care for ourselves but there are some people in the world whose Love doesn't go beyond their own Life. Philautia is self-centered Love; it can be positive or negative. When it is Ego driven, then this Love manifests as arrogance causing one's downfall. But when this Love takes a positive dimension, it creates high self-esteem leading to a man's success and good relationships with others.

7. Agape: The ultimate Love as per the Greeks is Agape, Love that has transcended body, mind, and heart. It is Love of the Soul. Agape is the ultimate and unique Love that is Spiritual. It is Agape that one must evolve to as per Greek philosophy.

Agape is Love for God. It is Universal and Spiritual Love.

While it is amazing to learn that the Greeks in their ancient civilization had already defined Love, it is unfortunate that the world did not pick up *True* Love from these 7 types of Greek Love. A study of the famous Greek Philosopher Plato shows that he made an attempt to advocate that Love was not just physical. It should evolve beyond emotional and intellectual Love to ultimately become Spiritual Love. Rather than making this a realization of *True* Love, it was labeled as 'Platonic Love' – a Love that was more Philia or friendly.

The Sufis too divided Love but did so to separate worldly Love from Spiritual Love. They called worldly Love - *Ishq Majazi* and Spiritual Love, *Ishq Haqiqi*.

Ishq Majazi is Love that emanates from the body and mind in this world of materialism. It is pleasure driven Love and covers those areas of Love that are related to Romance, friendship, relationships, sex, and passion. Sufis believed that this Love was ordinary or earthly, but in reality, *True* Love is Divine.

Ishq Haqiqi as per Sufis, is *True* Love or Divine Love. Not only is it Love from the Soul but also it is Love of God. Different Sufi saints have shared different principles of this Love, but they all clearly differentiate between these two types of Love.

When we read about Love in the ancient civilizations, it is important for us to realize that the difference between Love

and *True* Love is not a new discovery. It existed in ancient civilizations, but somehow, got overlooked and ignored, just as it is lost in the material world today.

While there are various kinds of Love, the world looks at Love very differently today. Over the centuries, the idea of Love has changed. It has evolved along with the changes that have taken place around the globe due to cultural and religious diversity. Love has been defined by philosophers across the civilizations and cultures as the strongest of emotions. They have expressed Love in such a manner that it touches upon the concept of True Love. Unfortunately, the world today has failed to understand and imbibe what True Love actually is. Love has lost its real significance and is understood more like an erotic expression as lust has overtaken it. Hugs, kisses, and sex seem to be the dominant manifestations of Love today. For a few fortunate and enlightened people, Love has also emerged as True Love but it has not been absorbed to become an emotion of True Bliss.

This drastic change in the concept of Love is really difficult to understand until we ponder upon how Love has evolved over the centuries and obtained its present form. If one tries to investigate the origin of Love, one realizes that Love has existed since the beginning of the world. Since Love has not been properly understood, people suffer due to Love instead of enjoying the beauty and joy of it. Isn't it time to review what Love is today and rediscover True Love that is bliss by taking a look into the history of Love?

Love says...
To make you mine is my goal.

***True* Love says...**
My goal is to Love you,
not just with body, mind, and heart,
but with the Soul.

SUMMARY CHAPTER 2
TYPES OF LOVE

- While there are many kinds of Love, the term 'Love' in today's world directly relates to Love between man and woman.

- Over the centuries, the world has captured the depth of Love through some Love stories that have become immortal like ***Romeo and Juliet, Heer Ranjha, Helen of Sparta, Laila Majnu, King Edward the VIII,*** and ***Mumtaz Shahjahan.***

- The power of Love is such that kings and princess over several civilizations and countries have given up their wealth, name and title for the sake of Love.

- People have given up their life for Love, just like they have taken the life of others, driven by Love.

- The ancient Greeks had divided Love into 7 types: ***Eros, Philia, Storge, Ludus, Pragma, Philautia,*** and ***Agape.***

- The Sufis too divided Love to differentiate worldly Love from Spiritual Love. They called worldly Love - ***Ishq Majazi*** and Spiritual Love ***Ishq Haqiqi.***

- When we read about Love in the ancient civilizations, we realize that *True* Love is not a new discovery, but it was overlooked, just as it is lost in the material world today.

THE HISTORY OF LOVE

Love in today's world: Even as we attempt to understand the difference between Love and *True* Love, we have seen glimpses of the different types of Love in different cultures in the previous chapters. However, Love is perceived quite differently in today's world. Over the centuries, Love has evolved with changes in civilization and the globalization of religions and cultures. Technology has altered the expression of Love, but has Love progressed to become *True* Love?

Love is misunderstood: In today's world, the word 'Love' is grossly misunderstood, just as it is misinterpreted and misused. 'Love' is a Divine word. This is a human emotion that can unlock the door to ultimate happiness. Because we have not understood the real meaning of Love, we let it hurt us more than we use it to inspire us to live with joy and peace.

Love is not lust: Lust or a deep craving for expressing our physical need is not Love. No doubt we human beings may have a need for sexual expression, but this is not always a manifestation of Love. We may be hungry and eat whatever is on our plate but that does not imply that we are fond of that food. Our physical intimacy with somebody may just be a manifestation of a physical need and not the expression of Love.

Why do we fall in Love and fall out of it?: In today's world, people are ever so often, falling in Love and drifting apart. Why? It seems they were never in Love in the first place. It was only a physical attraction that caused that momentary Love. It

was not deep enough to create a meaningful relationship. *True* Love doesn't break so easily and if it does, it's after-effects can be really painful.

Is 'Live in' Love?: In today's world, people have created a convenient concept of 'Live in' relationships. Two people move in together without the ritual of marriage and start living together. This is perfectly OK and it may be built on a foundation of friendship or physical attraction. Sometimes, it may be for mutual financial convenience or intellectual gratification. This, however, has nothing to do with *True* Love. Those involved may or may not be in Love with each other, though they live together. People may 'live in' as friends sharing a good understanding, a sense of companionship, but this need not always end in a loving relationship.

Love and Homosexuality: The onset of homosexuality in today's world has accelerated like never before. Some countries have legalized gay marriages. Is homosexuality *True* Love? While every individual has one's own preferences and some may choose a relationship with a member of the same sex, the question whether this romantic or sexual attraction like any other relationship will evolve to *True* Love, will be realized once we discover what *True* Love really is.

Love in Today's world has lost its meaning. A fusion of cultures and thought processes has not only created a technological evolution but also has led to the commercialization of Love. While modern Love is very different from Love of the

yesteryears, and people consider it to be Love, much of it is just friendship, lust, or convenience, but not *True* Love.

Is Valentine's Day just a Business Model?: As time rolls, year after year, Valentine's Day seems to be growing, just as *True* Love seems to be slowing! What has created such a euphoria every year on the 14th of February? People have used social media and digital communication only to undermine what *True* Love is all about. To promote products associated with Love, one is encouraged to love anybody, even without understanding the meaning of *True* Love, as long as it can increase the sales of roses, greeting cards, and teddy bears. The world, thirsty of excitement, gets carried away by these innovative concepts without realizing the true meaning of what they do. Love is a very genuine emotion that we feel for somebody. It is not about heart-shaped balloons and cakes. While it is great to express the emotion of Love, *True* Love doesn't work if it manifests only on the 14th of February every year. Love is Divine. It is expressed every day and *True* Love isn't restricted just to Valentine's Day.

Love and Technology: The growth of the internet has made Love so convenient. With the touch of a button, you can WhatsApp a heart to someone anywhere in the world. You can send a love song through an E-mail. Gone are the days where Love needed the beloved to go deep within and express the emotion. Today, with e-commerce, you can send a gift to your boyfriend and girlfriend effortlessly, whether it is genuine or not. Love seems to have lost its true meaning in today's world.

I love you because I need you: In today's world, Love has become very transactional and is often born out of convenience. It is like a business. We tell people "I love you," not so much because we truly love them, but just because we need them. Whether we need them for the gratification of the body or mind, this Love is not *True* Love if it is based on the fact that we want them because having them fulfills our need.

Love and Religion: Have you ever thought why every religion talks of Love? Because Love is Divine. Love is not just lust and sex, romance and hearts. Love appears in every cell of the human body. If Love was actually what it is perceived to be today, then Love would not find a place in all the religious scriptures of the world. What is the connection between Love and God? Is there such a connection? Unless we go on a journey and realize the Truth, we will not discover the meaning of *True* Love.

The History of Love: While we have read so much about Love in the world today, let us quickly look at the history of Love - how Love started and how Love has evolved over the centuries. If one tries to investigate the origin of Love, we realize that Love has existed since the beginning of the world. When the first man was born, Love was born along with him. Love is very much a part of life and inseparable from it. However, while Love has always been existent and has not changed in itself, there have been a lot of changes in our society ever since. Despite the fact that Love existed in ancient days, there was no concept of marriage. Even when marriage was

institutionalized, it was more a group of members that formed a family with a man and many women and children. The purpose of a marriage and a family in old civilizations was more to do with the building of families. There was no concept of Love involved. In fact, if people fell in Love, it was considered that they were sick, Lovesick! Love being the cause of marriage, was considered anti-social. Marriages were inspired more to build a workforce in the family or for some greater political alliance. Unfortunately, most women became victims of the old cultural belief system and philosophy.

While Love cannot exist without women, it is sad that women were always subordinate to men. And while women have come to live shoulder to shoulder with men today, we know that women's freedom really took shape only in the early part of the 20th century. Till then, women were not able to voice their Love and thus Love remained a privilege of men, so to say.

The ancient civilizations were more power driven and this power was controlled mostly by men. Thus the emotional quotient of Love remained dormant for centuries, though it existed with a feeble voice.

What is the revelation when we study the history of Love? It is the existence of the Love for God. It was so well developed that all religions spoke of Spiritual Love. Love and God were synonymous not just in any one religion, but rather, in all of them. If we study the Christian scripture, the Bible, and try to learn more about the concept of Love in Christianity, the

Apostle John said, “Let us love one another for Love comes from God. Everyone who loves has been born of God and whoever does not love does not know God, because God is Love.” At many places, the Christian scripture talks about Love and God. Even the commandments talk of Love. Today, people continue to Love God but have lost the realization that ‘Love is God’. People have made Love into lust and God remains separate as God.

If one studies the scriptures of other religions and faiths of the world, one won't be surprised to find Love to be a central subject in all of them. There is no religion that does not talk about Love and God. In ancient Hindu temples, Love is portrayed on the temple walls without any sign of shame. Why? Because Love was considered Divine. Man and woman were shown in different positions of lovemaking in the Kamasutra and these were boldly sculpted outside the walls of the temples, just as they formed the central design of temple architecture. The Love of the Hindu deity Krishna with Radha and many other gopis (milkmaids) of Vrindavana is highly revered. This became important as part of the development of the Krishna-bhakti traditions worshiping Radha-Krishna. Love was something Divine in the days gone by. Today, while we think that Love has been modernized, unfortunately, we have lost the Divine connection between Love and God.

“Thou shall Love the Lord thy God with all thy heart,” and “Thou shall Love thy neighbour as thyself,” are the words of Jesus in his commandments. Don't the scriptures of all religions and the nude statues in Hindu temples only prove

how deeply Love was connected to God in the years that have gone by?

It is very strange that Love has been manipulated from as early as the 6th century. In India, women were literally married to an idol, to God and were called *devdasis.* They were highly respected as this was an act of spiritual sacrifice, as they dedicated their life and Love to God and danced in the temples as an expression of their Divine Love. However, as the invaders came to India, the *devadasis* were forced to become sex slaves and prostitution took the place of the Divine Love that the *devadasis* had for God. This makes us realize how Love has been Divine ever since, just as the power of the passion of Love, manifesting as lust, has overtaken the Spiritual Divine Love that Love actually is.

Love in the good old days was nothing to be ashamed of. It was natural to Love. Unfortunately, in today's world due to the corruption of the word 'Love', it has become a taboo. Love for God existed so many centuries ago. Several Polytheistic religions too have revered Love as Divine, typically in both male and female forms like: Áine – Goddess of fertility and passionate Love in Irish mythology, Aphrodite – Goddess of Love and beauty in Greek mythology, Cupid – God of passionate Love and Venus – Goddess of beauty and Love in Roman mythology, Hathor – Goddess of Love in Ancient Egyptian religion, Kama – God of sensual Love and Rati – Goddess of passionate love in Hindu mythology. Then what made the Love of God feeble over the years? Love was very

beautiful in the ancient world but as the negative took over the positive, the lust for flesh became a strong passion and diluted the Divine Emotion of Love. Although most religions strongly advocated the institution of marriage and scriptures banned adultery, the passion that came out of erotic Love, most unfortunately, replaced the Love for God with the Love for flesh. Therefore the trend that we see today, that Love has become lust, not the pure Divine Love that it is meant to be, started centuries ago.

Divine Love, thus, has its roots in the most ancient of civilizations and it took a very passionate form of devotion, of Bhakti. People loved their God and had full trust and faith in their God. The Love for God then was far more intense than the Love for the beloved. Thus many old religions have songs, hymns, bhajans that talk of the deep yearning and Love for God. There are many stories where for the Love of God, people had given up their lives.

As one reflects on the history of Love, one cannot forget the Divine embodiment of Love that Meera had for her Lord, her God Krishna. She was so deeply in Love with God that though she got married in a palace, she preferred to give up everything for the sake of her Love for God. Divine Love has such power that no other manifestation of Love has. But unfortunately, very few people have been touched by the Divinity that is Love. Even today, Love exists and it's not just erotic Love that we think has dominated the Love Emotion. If you go to the arrivals of an airport, you will see all types of Love. Parents

greeting their kids with Love, friends hugging each other as they lovingly welcome their friends, boyfriends and girlfriends kissing each other after the long wait. The power of Love has existed for centuries and it has experienced different manifestations and it continues to do so even today.

'*True* Love is bliss' is not a new concept. It was present in the society as early as the 1st century BC to the 1st century AD where people adopted a philosophy of 'Free Love'. They shunned marriage, birth control, and adultery as they believed that Love was supposed to be 'Free'. The point is not whether these cultures were right or wrong, whether all this was a reality or an exaggerated myth because of it being in the distant past - what all this indicates is that the power of Love existed ever since humanity began its presence on earth. Love manifested in different forms and has always been a source of joy and happiness ever since. Has there been *True* Love in the past? Yes! Just as it is today, Love and *True* Love exist simultaneously in the world and it is for each one to choose a kiss or bliss.

There was a time when marriages were rejected and people were given the freedom to live and Love as they wish. However, this led to repercussions that brought back the concept of marriage in all major religions. Sufism, a branch of Islam, came to be known for its religious Love for the Almighty. Sufis were mystics who believed that their goal was to find *True* Divine Love through the direct experience of God. Their concept of *Ishq Haqiqi* or Divine Love separated the Love that mankind enjoys amongst each other for pleasure - *Ishq Majazi*.

Spiritual Love in ancient India talks of the *Narada bhakti sutra* which advocates eleven flavours of Love, each thought a form of *bhakti* or devotion. In ancient days, Love was more Divine and Spiritual, although it manifested in different forms but ultimately, it was all about Love for the Divine. Today, the Divine aspect of Love is giving way to lust and Love, which is more glamorous but unfortunately, not blissfully *True* Love.

When we study the history of Love, we will be surprised to find that Love was actually more related to Divine Love in the past. Then, what made this Divine Love erotic? What changed? Why have we lost this Love for God? Why has modern Love altered so much that we have forgotten the basic meaning of Love?

From time immemorial, Love and happiness have been two sides of one coin. These two emotions inspired people to live, to seek happiness and to Love. Both these positive emotions cannot do without each other. One springs from the other. Love creates joy, just as joy manifests as Love. This has been so for ages and continues till today. Only now, Love has become commercial, due to lifestyle and cultural changes that have swept the world. *True* Love has disappeared. In the beginning, there was *True* Love that manifested in different forms but that has fizzled out over the centuries. Love for the Divine was far more blissful as believed in the historical era. People found peace and joy with their God. Unfortunately, the concept of God itself got corrupted and with that, Love too lost its sacred significance. In fact, it was Love for God that manifested as other forms of Love. But somehow, over a period of time, the

meaning of *True* Love has got lost.

It is sad that we are ignorant about the bliss that *True* Love creates. We are carried away by the emotion of Love and we forget its Divine significance. We want to love the body, the form that we see but we forget the Divine Spirit, the Soul that is within. In the chase for pleasure that comes from the basic attributes of Love, we lose our peace of mind, our bliss, and our joy.

What is *True* Love?: This story will bust the myth about Love.

There was once a king who was given the gift of an immortal fruit. The sages who brought this special gift said that it was one of its kind and would make the king immortal. The King was madly in Love with his queen and he thought that life would be futile without his beloved. It would be much better if she became immortal and he could love her till his end, rather than he living beyond her lifetime. He gave the immortal fruit to the Queen.

The Queen was passionately in Love with the charioteer of the king. When she was about to eat the immortal fruit, it struck her that she would rather let her beloved be immortal than outlive him. The charioteer was given the fruit but he too did not eat it. He was in Love with a dancer and he believed that his lover should be immortal rather than he himself. He gifted the immortal fruit to her.

The dancer looked at this special treasure and wondered, "What would somebody like me do becoming immortal? My life is full of sin and pain. I would rather give this fruit to the noblest of all to become

immortal." She believed that the King deserved to be immortal as he was a nobleman and she humbly went and offered the fruit to the King.

The king was shocked. How did this unique fruit that he gave the queen reach the dancer? After investigation, the truth was revealed. The King was heartbroken when he realized that True Love didn't exist in the world!

While there has been cheating in Love since eternity, today this has become a fashion. There was a time when somebody would feel guilty when they let down their beloved. But today, it is a matter of simple preference and convenience. Love itself has lost its meaning in the world today. If we compare the movies today to what they were before, we will immediately understand how Love has become lust and instead of giving bliss, it is all about a kiss.

Love says, "I love you sweetheart!"
Till both are Wed!

***True* Love says...**
"I'll care for you till I am dead!"

SUMMARY CHAPTER 3
THE HISTORY OF LOVE

- When we try to understand the difference between Love and *True* Love, we find that there are different types of Love in different cultures.

- In today's world, the word 'Love' is grossly misunderstood. People love each other only to fulfill their needs without understanding that 'Love' is a Divine word.

- Because we have not understood the real meaning of Love, we let it hurt us more than we let it inspire us to live with joy and peace.

- Love is not lust. It is not just confined to Valentine's Day.

- If one tries to investigate the origin of Love, one needs to dive into the history of Love.

- The purpose of marriage and family in early civilizations was more to do with the building of families. There was no concept of Love involved.

- If one studies the scriptures of other religions and faiths of the world, one will find Love to be a central subject in all of them. There is no religion that does not talk about Love and God.

- Love in the good old days was nothing to be ashamed of. It was natural to Love. It was 'Love for God'.

OVERCOMING IGNORANCE ABOUT *TRUE* LOVE

As long as we don't stop to ponder over what Love truly means, we will be carried away, misguided by modern Love and experience heartache and pain.

***True* Love is not just a kiss:** Somehow, we live in ignorance and we think that the different expressions of Love are actually Love. A kiss may be a manifestation of Love but it is not a guarantee of it. If we are attracted to somebody and have a crush, this may not be Love at all. Love is a very deep emotion and we must realize the truth about what *True* Love is. Otherwise, we will only experience shallow Love and never enjoy the depth that *True* Love creates.

Lust and sex have become synonymous with Love. But in reality, they have very little to do with *True* Love. Sure, making love can be a Divine manifestation of *True* Love if it stems from deep within, not just from the lips or the physical self.

What causes jealousy and possessiveness?: In today's Love stories, there is so much jealousy, hate, and revenge which originates from a very narrow perspective of Love. *True* Love is not possessive. It is built on the foundation of trust. When you truly love a person, your care and compassion give your beloved, freedom to live. Some people are ignorant. They believe that possessiveness and jealousy are the hallmarks of *True* Love.

***True* Love is a fountain of Joy:** Where there is *True* Love, happiness flows. There is joy, happiness, and bliss, for Love is a

positive emotion. *True* Love eliminates all the negative emotions. The root of *True* Love sprouts with the shoot of peace and tranquility and fruits of joy and bliss. Where there is no *True* Love, there will be waves of misery and sorrow and a constant presence of stress, anxiety, and pain. This is a good test to evaluate the existence of *True* Love.

***True* Love is care, compassion, and kindness:** What happens when there is *True* Love between people? It manifests as genuine care for each other. *True* lovers understand and are compassionate about each other. They share their life and whatever belongs to them, is joint. The moment the ego separates two lovers, the relationship may exist, but *True* Love doesn't. Unfortunately, because we don't know the meaning of *True* Love, we continue in relationships thinking that it is Love when in reality, it is not.

A myth called 'Love': In Today's world, Love is more a myth than a *True* Love story. It is an illusion, like a mirage in the desert. It doesn't exist! Two people live together for decades, build a family, but then break apart. How can we call this *True* Love? No doubt they were husband and wife and there was a shower of hearts and diamonds. Then why did it end up in clubs and spades? Because the Love that existed was a myth. *True* Love is eternal and everlasting, but we are ignorant of this *True* Love.

Why do we fall in Love?: Love is a gift from the Creator. It is a Divine emotion that human beings are blessed with. Can't we

see the difference between plants and animals? We don't see plants loving each other. But Love is visible in animals. This should make us realize the power of Love. We human beings are the most evolved of all of Divine creation and we are the ones who enjoy this gift of the emotion called Love. Is there a reason behind our Love? No! That's why it is called "falling in Love." We just fall into Love. Is this *True* Love? When will we wake up from our 'Love fall' and realize the truth about *True* Love?

***True* Love is Divine:** *True* Love is a gift from the Creator. It is different from Love, lust, sex, and physical attachment or attraction. Therefore, the word Love is deeply associated with the Divine and is advocated by all religions through their scriptures. People don't know that there is a connection between Love and Divinity and Love and Spirituality. In fact, most people blink when you talk about Love and Divinity. *True* Love is truly Divine and we will realize this when we overcome our ignorance about Love and realize the truth about *True* Love. We will then experience a fountain of everlasting joy, bliss, and peace.

***True* Love is different from Love:** Till now, we have not realized the difference between Love and *True* Love. We always thought that Love is beautiful, it is fun. It is about kissing your sweetheart and sending flowers. Sure, that is Love! But it is temporary and transitory. *True* Love is different. It is eternal and everlasting. In *True* Love, Love is not only for the outer appearance of the body - *True* Love in its fullest sense

is Love of the body, mind, heart, and Soul. We must go on a quest to know the true meaning of Love. Love is very different from *True* Love.

Why are we ignorant about *True* Love?: Love is so grossly misunderstood and misinterpreted that we never discover the meaning of *True* Love. The Love we know about is very superficial. It cannot stand the test of *True* Love. The Love we know lacks the devotion, dedication, understanding, and sacrifice that are the hallmarks of *True* Love. However, we get carried away with what the media calls Love. Our understanding of Love is what we see in the movies and on television. Therefore, we live and die without realizing what *True* Love is. Isn't it time to stop and overcome ignorance?

There was once a prince. He had crossed the age of 30 and the king and queen were very worried because he had not liked a single girl, and thus remained unmarried. One day, as he was searching for some treasure in the attic of the palace, his eye fell upon the painting of a very beautiful maiden. She seemed in her early teens. He instantly fell in Love with her. When he looked closely at the painting, it was dated over 15 years back. He decided he would find this girl and nobody else. He took the picture and asked the ministers of the kingdom to this girl. A search was conducted but this girl was nowhere to be found. The news reached the Queen. Obviously, she was keen to get the Prince married and called for the picture. She was aghast when she saw the painting. "Oh my God, this is the Prince himself," she said.

Several years ago, a play had been performed in the palace and they could not find a pretty maid. The queen had dressed up the Prince as a

gorgeous little girl for the drama. This painting was painted at that time.

The Prince was beginning to get disappointed that they could not find the girl and the Queen did not want to break his heart by revealing the truth. The advisor of the King was a wise man. He took the picture to the Prince and revealed the truth. He said, " This painting is 'you', my dear Prince." The Prince had a hearty laugh. How could he marry himself? His despair disappeared when he realized the truth. The Prince overcame his ignorance and smiled at his Love for himself, because the pretty Princess in the painting, was none other than he himself.

We, unfortunately, live and die without realizing the truth about *True* Love. Living in ignorance, we do not experience the bliss that this fountain of joy creates. We think Love is its manifestation and we forget what *True* Love actually is. Our ignorance about the difference between Love and *True* Love causes us to Live with anger, hate, jealousy, and disappointment. As long as we don't overcome the ignorance and realize the meaning of *True* Love, we will live a life experiencing illusory Love. If we discover the meaning of *True* Love, our life will be joyous, peaceful, and blissful.

Love starts with romance
that leads to fun and dance and a kiss.

***True* Love is a fountain of joy**
that leads to peace, joy, and bliss.

SUMMARY CHAPTER 4
OVERCOMING IGNORANCE ABOUT *TRUE* LOVE

- Love is a very deep emotion and we must realize the truth about what *True* Love is.

- In today's Love stories, there is so much jealousy, hate, and revenge which originates from a very narrow perspective of Love. *True* Love is not possessive. It is built on the foundation of trust.

- Where there is *True* Love, happiness flows.

- The moment the ego separates two lovers, the relationship may exist, but *True* Love doesn't.

- We just fall into Love. Is this *True* Love? When will we wake up from our 'Love fall' and realize the truth about *True* Love?

- *True* Love is a gift from the Creator. It is different from Love, lust, sex, and physical attachment or attraction.

- *True* Love is different from Love. It is eternal and everlasting. *True* Love, in its fullest sense, is Love of the body, mind, heart, and Soul.

TRUE LOVE IS BLISS

We have been discussing Love, what Love really is, types of Love and how we are ignorant about *True* Love. But what exactly is *True* Love and how can *True* Love be Bliss?

***True* Love is Bliss:** *True* Love is a fountain of joy, a source of peace and happiness. It is not just a crush or infatuation. It is not just romance. While all this may manifest in Love, these feelings exist independently even when there is no *True* Love.

The truth about Love is that we evolve in Love as kids in a family and we experience Love with friends. But suddenly, as grown-up adults, by and large, most of us get exposed to this ocean of Love in our life. This Love evolves - from romance into a physical relationship, and most of the world thinks of this Love as the only Love that exists. Sure, this may be Love, but what is *True* Love?

True Love is not a contract, neither is it based on our needs. True Love is a Divine Emotion. While there is no doubt that it is an intense fondness and yearning for somebody, *True* Love grows on a foundation of the realization of the truth. Who is it that is loving and who is it that is actually being loved? *True* Love blooms when the realization of truth overtakes the ignorance of a relationship that is based on an attraction or attachment.

Those who experience *True* Love never go through a heartbreak. It creates an ecstasy of joy and destroys the existence of any heartaches. A simple thing like Love has been

so conveniently misunderstood by most of humanity and thus, this Divine emotion has not been able to bloom in our lives.

True Love sits on a foundation of 4 pillars. For *True* Love to bloom, all the 4 elements must come together. Let us understand what are these four pillars that create the magic of *True* Love.

The first pillar of Love – Physical: The human body is created in such a way that our body falls in Love. This Love is commonly manifested by physical means. The first pillar of Love is about touching, feeling, cuddling, and ultimately, being involved in sexual intercourse. Of course, it goes on to building and raising a family but the first pillar is the physical attribute of Love.

We pay a lot of attention to how the beloved looks. Look around you and you will find the entire world full of products that make us look and feel better. Fashionable clothes, shampoos, perfumes, cosmetics, and footwear take away a large chunk of our earnings because people are so caught up with the physical appearance. Take away the glamour and you can often see the beauty of Love fading. All this endorses how important the first pillar of Love is.

The body of man has been created with different hormones and he is typically a physical being. Man is quite different from a woman who is far more emotional. That is why it is said, "Men are from Mars and women from Venus."

The second pillar of Love – Emotional: Women are far more emotional in their Love towards men. To a woman, Love manifests in emotions and not so much in physical expressions. Of course, in both cases, the first emotion triggers the other – physical Love leads to emotional Love, just as emotional Love will ultimately manifest in physical terms.

Both these pillars together, are needed for any relationship to succeed. If any one of these is missing, there is a good chance that two lovers would drift apart. Even marriages often break and relationships fall apart if one of these pillars of Love is missing.

The third pillar of Love – Intellectual: What causes success in loving relationships? The third pillar of Love triggers a different energy. Love can exist in purely physical terms just as it can survive only on emotional grounds. But when both physical intimacy and emotional Love are bound together with a thread of intellectual Love, this makes relationships truly beautiful. However, it is not often that we find two people in Love bonding physically, emotionally, and intellectually. When one of these 3 pillars of Love is missing, it seems like the table of Love is standing on two legs, unstable and one that can easily break and collapse. When Love is placed on a pedestal of 3 pillars, where there is bonding, not only physically and emotionally, but there is also an intellectual connection, Love between two lovers climbs a new peak.

While we are familiar with Love that is physical, emotional and even intellectual, all this is Love, but it is not *True* Love.

What makes Love into *True* Love? It is Love that emanates deep within from the very core of our life, from our spirit or our Soul.

The fourth pillar of Love – Spiritual: *True* Love is very magical because it stands on 4 pillars. It is a connection between body, mind, heart, and Soul. When Love is intertwined with these 4 different threads and there is physical Love, emotional connection, intellectual communication, and Spiritual bonding, this leads to *True* Love which is everlasting. It is very rare to find two people loving each other Spiritually. This is because of our ignorance about the subject of *True* Love. When we realize the truth about Love, we evolve beyond basic Love that is physical and Love that is emotional. We even transcend intellectual Love when we Love from Soul to Soul. The beloved becomes a Soulmate and Love blossoms, manifesting in all 4 domains of a human being creating an ecstasy of peace and bliss, unknown to the ordinary lovers of the world.

***True* Love is that of the Soul:** *True* Love is triggered by the Soul. It acknowledges the presence of a body-mind complex and does not undermine the importance of physical and emotional Love. However, it takes the intellectual Love to a new level, to a Spiritual realization and then, the magic of *True* Love takes over. This Love does not say, "I love you because I need you," but rather "I need you because I love you."

When *True* Love blossoms, there is a deep sense of understanding and a true lover is willing to sacrifice anything.

True Love is an unconditional and unbreakable bond because it is tied together not only by physical and emotional bonds, but it is amalgamated through intellectual and Spiritual elements. Together, these 4 pillars of *True* Love create a bliss far more than anyone can imagine.

True Love is bliss beyond human comprehension. In *True* Love, lovers may seem to appear as two separate individuals, but in reality, they are one. They live together, love together, think together and break all the walls and barriers that separate them. There are no secrets that they hide from each other and even their shortcomings are openly and transparently discussed. They agree to disagree with mutual respect. *True* Love is therefore very magical and mystical. Unfortunately, very few people are lucky to scale the peak of *True* Love.

What is it that makes Love into *True* Love? What is it that makes true lovers love each other from Soul to Soul?

Love happens from Body to Body,
from Heart to Heart,
from Mind to Mind.

True **Love happens**
from Soul to Soul.

SUMMARY CHAPTER 5:
TRUE LOVE IS BLISS

- *True* Love is a fountain of joy, a source of peace and happiness.

- *True* Love is not a contract, neither is it based on our needs. *True* Love is a Divine Emotion.

- Those who experience *True* Love never go through a heartbreak.

- *True* Love sits on the foundation of 4 pillars.

  » The first pillar is the physical attribute of Love.
  » Physical Love leads to emotional Love, just as emotional Love will ultimately manifest in physical terms.
  » When both physical intimacy and emotional Love are bound together with the thread of intellectual Love, this makes relationships truly beautiful.
  » When we transcend intellectual Love, we Love from Soul to Soul.

- *True* Love acknowledges the presence of a body-mind complex and does not undermine the importance of physical and emotional Love. But *True* Love is triggered by the Soul.

- *True* Love does not say, "I love you because I need you," but rather "I need you because I love you."

REALIZING THE TRUTH ABOUT *TRUE* LOVE

6

To experience *True* Love, one must realize the truth and differentiate between Love and *True* Love. Love may depend on a Kiss, but in *True* Love, which is Divine, there is Bliss.

Let's Analyze the meaning of *True* Love: On the surface, it seems like it is the intense emotion of liking somebody, being fond of the beloved and seeking to be with the one you love. In such Love, the magic is fulfilled when the Love encompasses Body, Mind, Heart, and Soul. No doubt that this inadvertently becomes *True* Love, but what is the differentiating factor?

Love becomes *True* Love when there is Love in the Soul. It is only then that Love becomes whole. Otherwise, Love is just a craving for physical pleasure, seeking emotional companionship or intellectual gratification. If we notice closely, all these 3 attributes of Love are very transactional. There is give and take, with expectations from the beloved. This makes Love incomplete. This is not *True* Love.

When does Love become complete? When there are no expectations, no conditions. It happens when we realize Love from Soul to Soul. Then there is no 'me' and 'you'. There is just our Love, *True* Love.

***True* Love is not just of the body, mind, and heart, but of the Soul:** We all experience Love from body to body, a physical expression of Love. We also experience Love from heart to heart that creates an emotional ecstasy. Some of us are lucky to experience Love from mind to mind that gives intellectual fulfillment. But very few of us, experience Love from Soul to

Soul. *True* Love is Love that recognizes the reality of the beloved. The beloved is not the body, nor the mind, not even the heart. These are all superficial. *True* Love realizes Love for the Soul, the Divine life energy that is, in reality, the one that is being loved. That is why one cannot love a dead body. It is a matter of time before Love will cease to exist, but *True* Love will not cease to exist. Talking about a corpse, can it love? It is incapable of loving. Once the Divine life energy escapes, there is no Love. The gift of Love belongs to the Spirit or the Soul. We must realize that this is the source of *True* Love.

The reason we do not experience *True* Love from Soul to Soul is because of our ignorance of who we truly are. We think we are the body that loves, but we don't realize that the body is constantly changing. Physical Love is not *True* Love. If somebody Loves their beloved only based on physical appearance and needs, this Love can never last because the body is sure to deteriorate.

We miss discovering *True* Love because we imagine that we are the heart that loves. Through loving emotions, we try to touch the beloved's heart. If we stop and contemplate, such a heart doesn't exist. It is an illusion and while we feel the emotions very strongly, it is this very feeling that manipulates Love from becoming *True* Love. Those who emotionally love from heart to heart also have expectations, which when not met, break the heart.

Nancy thought her Love was True Love. She loved Roger with all her heart and did everything to please him. Not only did she take care of

him, the house, the cooking, but also earned enough for him to eat and drink to his heart's content. To her, it was True Love. They had a good physical relationship and they had enough to talk about. Suddenly, one day she was heartbroken when her relationship fell apart. It was then that she realized that it was not True Love.

Physical Love and emotional intimacy are not uncommon in today's world. What takes people apart is often an intellectual barrier. But even this is not the missing key to unlock *True* Love.

The key to unlock *True* Love is Love of the Soul. Soulful Love is the Love that arises from deep within. It is beyond physical attraction, emotional understanding, and intellectual bonding. It is *True* Love and respect from Soul to Soul. It is accepting the beloved as a Divine manifestation embodied in a body-mind complex. It is this Love of the Soul that makes Love *True* Love.

***True* Love springs from the Soul:** While Love may emerge from the body, emanate from the heart or sprout from the mind, *True* Love only blossoms from the Soul. *True* Love connects two Souls, transcending the body, the heart, and the mind. When Spiritual Love overtakes Love that is physical, emotional and intellectual, then *True* Love blossoms with a fragrance of Love that is unconditional and everlasting. When Love is from Soul to Soul, it doesn't let differences of body, mind, and heart make *True* lovers drift apart.

Material Love is not *True* Love: Those who believe that a rose

on Valentine's Day, a diamond ring on their anniversary, or exotic gifts are expressions of *True* Love, they are sadly mistaken. To realize *True* Love, one must realize that material or physical Love is very transitory and doesn't last forever. It is not *True* Love! The world talks of 'Love at first sight.' What is this Love? Isn't it a crush? We give such infatuations fancy names and terms and fool ourselves to believe that such Love is Divine when in reality, it is just an attraction between two bodies.

Love may not just be a crush. It may be an amazing emotional connection, but it is still based on expectations from each other. Human beings change and so does the Love between them, often, leaving lovers who loved each other so much only to hate the sight of the erstwhile beloved. This is because of a lack of Soulful Love.

***True* Love is Divine:** To understand *True* Love, one must contemplate how it is Spiritually Divine. No doubt that we human beings are a complex of body, mind, heart, and Soul. When Love awakens in the Soul, it may manifest physically, emotionally and intellectually. But, the foundation of Love is Divine. *True* Love is realizing that deep inside the body of the lover, and far more important than the body, mind, and heart is the Soul of the beloved. The Soul is the true existence of the beloved. When one realizes this, and loves from Soul to Soul, what emerges is Divine, *True* Love.

Love may be *True* Love but not Spiritual Love: Sometimes it is

incidental that two Souls are twinning on the same Spiritual frequency, but they don't even realize the existence of Spiritual Love. *True* Love is so magical that it transcends physical attachment, emotional connection, and intellectual bonding. This is because *True* Love is based on the realization that Love connects from Soul to Soul. It may appear that there is no Spiritual connection between two people on the outside, but what may be binding two people through body, mind and heart, maybe the Soul, making their Love *True* Love.

Evolving on the journey of *True* Love: To evolve on the journey of *True* Love and transcend Love of Body, mind, and heart, we must contemplate the very basic foundation of Love. Who is the one who is truly loving – isn't it the spirit, the Soul or the life that exists in the two lovers? Until we realize and discover the depth of where the Love originates, Love will be very shallow and will never evolve to being *True* Love.

What happens when you want to dig a borewell? Do you dig a pothole and get water? No! One has to dig out the sand, drill through the rock, go deep within to reach the fountain of water. So also, *True* Love lies in the receptacle of the Soul.

Vikram and Suneeta were friends. They liked each other. There was no major physical attraction but they were emotionally connected and got married. Their Love life was fulfilling, and intellectually, they became a couple, not just husband and wife. They had several friends whose relationship and marriages were on the rocks. Their friends understood that Vikram and Suneeta had a magical relationship that seemed to be based on True Love. On deeper

investigation, what did they realize? They found that the relationship between Vikram and Suneeta was based on deep trust and respect. Instead of finding fault with each other, they respected each other's limitations. They were kind to each other and helped each other in every possible way. It was not that their relationship was perfect. What then made their Love so magical? The unique feature of their Love was the blessing that they both were graced with. Both of them realized that they were not the body – the body keeps changing and Love from body to body can never be perfect. They transcended the mind and heart and while they made an effort to be on the same frequency, emotionally and intellectually, this hardly mattered, because they loved each other Soul to Soul.

Vikram and Suneeta realized that their true existence was that of the Divine Soul within each of them. They would read Spiritual books together, pray together and respect each other as God. Their Love was filled with peace, joy, and bliss. They never quarreled because when a misunderstanding arose, it would be diffused by their Soulful Love and they would agree to disagree without it affecting their Love.

True Love goes far beyond body, mind, and heart. It connects two spirits, two Souls to become one. It is this Spiritual Love that creates the magical everlasting True Love that is bliss, not just a kiss. Lovers who are blessed to realize True Love become Soulmates.

Love is...
When two hearts love each other
and have a lot of fun.

***True* Love is...**
When two Souls understand each other
and the Souls become one.

SUMMARY CHAPTER 6:
REALIZING THE TRUTH ABOUT *TRUE* LOVE

- Love becomes *True* Love when there is Love in the Soul.

- *True* Love is the magic of an all encompassing Love - when the Love encompasses Body, Mind, Heart, and Soul.

- When Spiritual Love overtakes Love that is physical, emotional and intellectual, then *True* Love blossoms with a fragrance of Love that is unconditional and everlasting.

- Material Love is not *True* Love. One must realize that material or physical Love is very transitory and doesn't last forever.

- To evolve on the journey of *True* Love we must contemplate the very basic foundation of Love. Who is the one who is truly loving – isn't it the spirit, the Soul or the life that exists in the two lovers?

- When Love awakens in the Soul, it may manifest physically, emotionally and intellectually. But, the foundation of Love is Divine.

- *True* Love is based on the realization that Love connects from Soul to Soul. Apparently, it may seem that there is no Spiritual connection between two people but it is the Soul that binds them through body, mind and heart, making their Love *True* Spiritual Love.

TRUE LOVE IS DIVINE

True Love is like a little rosebud. When it appears, it doesn't bloom with colour and fragrance. But sooner or later, it will blossom. When Love is born in the Soul it will blossom into Divine Love. But first must come the realization that Love of the body, mind, and heart is earthly Love, not Divine, Spiritual *True* Love.

Unless we realize that *True* Love is Divine, from the Soul, we will always live and Love with body, mind, and heart and our Love will never transcend to Divine *True* Love.

Realizing the truth about *True* Love: When two bodies think they are intimately in Love with each other, this maybe intense lust, physical craving, the attraction of the body, but it is not *True* Love. Even when two hearts feel very deeply for each other and Love may seem to be very genuine, it is still earthly Love. When Love matures and gratifies two lovers intellectually and they become the best of friends, this may create a lasting relationship, but it is still not *True* Love. The magical Love that we are talking about is when we love from Soul to Soul. The love between such Soulmates is *True* Love. It may sound like a fantasy, and its existence on the earth plane may be rare, but this is Divine *True* Love.

When two lovers evolve Spiritually and love each other not for the sake of the body, nor for the sake of the heart or mind, but from Soul to Soul, then *True* Love is established.

What is this Soulful Love? This Love is magical. It evolves and

grows as it gets deeper. Earthly Love is skin deep. But *True* Love goes beyond the skin, the heart and mind till it touches the Soul within. Soulmates realize that Love can so easily become hate if we consider each other to be ordinary human beings. But when the same two persons go deep and realize that their Love is for the Soul, then that Love is everlasting *True* Love. In fact, Soulmates realize that both the Souls of the lover and the beloved, are not two different Souls, but one Divine energy, embodied in two separate beings who are seeking to love and be one.

If you take two rubber balloons, one pink and one blue and fill them with air, the dead balloons become full of life. Now, deflate both the balloons and they become pieces of rubber, dead and lifeless. If somebody asks you to return the air of the two balloons separately, can you do it? It is impossible because the air from both the balloons merges and becomes one with the air that is everywhere. As long as we are alive, our Soul or life energy seems to be embodied within us. But what happens at death? Two people who die at the same time will be lifeless bodies, while their Souls merge with the universal Soul. Those who graduate in realizing *True* Love realize that they are the Soul, not the body-mind that they appear to be and when lovers love each other from Soul to Soul, that is *True* Love.

True Love is Divine. It is Spiritual Love, Love between two embodied spirits or Love from the Soul of one living being to another. How can one understand *True* Love?

Physical Love is temporary: Why can't physical Love be *True*

Love? This is because the body has to deteriorate and die and Love will fizzle out and end sooner or later. But *True* Love is eternal and everlasting. Those who realize that they are the Soul, not the body that they seem to wear, realize everlasting *True* Love that is Divine and Soulful.

Emotional Love is an illusion: Love that is founded on romantic emotions is an illusion. The heart is an organ that pumps blood, not a Love machine. Just because we feel a sensation in the heart, we believe in the myth of heartfelt Love. Such Love is transitory, just like a mirage in the desert. It appears to exist only till such time that the truth is known.

Intellectual Love is the work of a rascal: What causes the so-called evolved Love of body, mind, and heart to appear? What makes lovers seem to enjoy such an intimate relationship that is physically exciting, emotionally enriching and intellectually stimulating? It is the mind. The minds of two lovers can be equated to two naughty rascals who are trying to prevent them from realizing the truth of *True* Divine Soulful Love. The mind keeps us so engaged in the Love of body, mind, and heart, that it cleverly stops us from realizing Divine Love of the Soul. It is only when we use our intellect that we can transcend body, mind, and heart and realize Love of the Soul. Until two lovers transcend the mind and realize Love in the Soul, they will never discover *True* Love.

The body, the heart, and the mind that seem to be the 3 pillars of Love, now suddenly seem to create the biggest obstacle for

true Soulful Love to exist.

***True* Love belongs to the spirit:** Love that belongs to the body, mind, and heart can never be *True* Love. *True* Love is born from the spirit or the Soul. That is why a dead body can never love. As long as there is life in a body, it is capable of loving. But the moment the Soul departs, Love ends. Is this not simple enough a fact to realize that *True* Love is that of the Soul?

When one realizes that *True* Love is from the Soul, from the life energy inside, the spirit, then Spiritual Love is born. One does not limit their Love to a Soul that is embodied in their beloved, but one learns to love the spirit that is embodied everywhere. Suddenly, those who realize *True* Love discover that it is Divine Love that emanates from the Soul.

What is Spiritual Love? : *A little child went to a park and was fascinated by a man filling gas balloons. He filled a red balloon with gas and tied it onto the gas tank so that he could attract children and sell them the balloons. He then filled gas in a pink balloon, a blue balloon, a green balloon and finally a white balloon. A child out of curiosity, attracted by the colourful balloons went and asked the gas balloon man, "If you fill gas in a black balloon, will it also fly up like these balloons?" The man answered with a smile, "Of course my child. It is not the colour of the balloon that matters, it is what goes inside it."*

Those who realize the truth about *True* Love go beyond outer appearances and colours. To them, it hardly matters whether the skin is black, white or brown. They go deep within,

realizing the truth and love the spirit. This is *True* Love that is Spiritual and Divine.

Spiritual Love has no conditions and limitations. When we realize *True* Love, then our Love reaches out not only to the erstwhile beloved but to the Divine spirit in one and all. This Spiritual Love is very blissful. It doesn't limit itself to hugs and kisses. It is far beyond emotions. *True* Love is Divine.

Sometimes, Divine Love may not be realized in both lovers as it is a rare blessing and it is possible that it is born only in the Soul of one individual. The realized one then lives with this Divine *True* Love despite being in a relationship with the beloved, who may not have transcended and evolved to loving from the Soul.

With Love, one may enjoy a kiss, but with *True* Love one experiences bliss. This *True* Love or Spiritual Love is Divine, everlasting and eternal. It is Divine Love that touches each and every Soul and it is the beginning of a journey of Universal Love.

Love is of the body,
Love is of the heart.
But when death arrives,
it takes two lovers apart.

***True* Love is of the Soul...**
It is our ultimate goal.
When Souls together twine,
it is Eternal Love and Divine.

SUMMARY CHAPTER 7
TRUE LOVE IS DIVINE

- Unless we realize that *True* Love is Divine, from the Soul, we will always live and love with body, mind, and heart and our Love will never transcend to Divine *True* Love.

- Soulful Love is magical. It evolves and grows as it gets deeper. Earthly Love is skin deep.

- Those who graduate in understanding *True* Love realize that they are the Soul, not the body-mind that they appear to be and when lovers love each other from Soul to Soul, that is *True* Love.

- Physical Love is temporary because the body has to deteriorate and die.

- Emotional Love is an illusion. Just because we feel a sensation in the heart, we believe in the myth of heartfelt Love.

- Intellectual Love is the work of a rascal – our mind. It keeps us engaged in the Love of body, mind, and heart.

- *True* Love belongs to the Spirit. It is eternal.

- Spiritual Love has no conditions and limitations. It is Divine Love that touches every Soul and it is the beginning of the journey of Universal Love.

TRUE LOVE IS UNIVERSAL LOVE

Blessed are the few who realize *True* Love. They realize that physical Love is just an attraction of one body to another. Emotional Love is a romancing of two hearts. Intellectual Love happens when two minds stimulate each other. But *True* Love is Divine. It is Love from the Soul. *True* Love is Spiritual Love. It is Universal Love.

Realization opens the door to *True* Love: When one realizes the truth, that the place where Love is born is the Soul or spirit, then one discovers *True* Love. When lovers become Soulmates, they realize that they are not the bodies that love each other, nor the invisible hearts that beat fast for each other. They realize that they are also not the minds that are intellectually married. They realize the truth that they are the Divine Soul, and thus their Love blossoms into *True* Love.

What are the attributes of *True* Love?: Soulmates are no more possessive of the body of the beloved. They realize that the body is just like a garment that covers and decorates their loved one. When Love is realized in the Soul, it not only transcends sex and lust but also supersedes those emotional attachments that Love creates. *True* Love is so Divine that it opens its door universally, loving one and all. *True* Love is not possessive because it realizes the Divine truth that in essence, we are all the same Soul, the same Spiritual Energy, embodied in different bodies.

***True* Love is Divine:** *True* Love is very Divine. It realizes that the spirit within us is the Spirit of Divinity. The power of this universe manifests in each one of us as the Divine spirit. While

there is no proof of this, we realize this by inference. When we realize that we are not the body as it eventually returns to dust, and we realize that in reality the heart is not an organ of Love, although we feel Love in the heart or in the chest, and we discover that the mind itself is an illusion, then we realize the Divine truth - we are none other than the Soul, the spirit or the Life Energy that departs at death. It is this Divine energy that loves. Therefore, *True* Love is Divinity and nothing else. The Divine appears in each one of us and is full of Love. It is this Love of the Divine in each one of us, that triggers Love for others in the very first place. Unfortunately, because of the body, mind, and heart, we get encapsulated in Love, but we are unable to realize *True* Love.

Therefore, what is the essence of *True* Love? *True* Love is nothing but Divinity expressing its existence within us. When Love, care, kindness, and compassion is born, it flows from our Soul to the Soul of another. Because we are Spiritually blind, we are unable to see the attributes of *True* Love. Thus, we live and die with Love that is very shallow, Love that is possessive, that is restricted – physically, emotionally, and intellectually. The moment we realize *True* Love from the Soul, that very moment we will realize the Divinity within us.

Divine Love is Universal Love: *True* Love is not just Divine. It is Universal Love. It is what the Greeks call Agape. It is what the Sufis call *Ishq Haqiqi.* The fact is that *True* Love is Divine. Universal Love is not a fairy tale. The Love that most of us experience today is not *True* Love. We are so lost in lust and Love that is ego driven that we are unable to see Soulful

Divine, Universal *True* Love.

My Spiritual master and mentor, my Guru Dada J.P. Vaswani was an epitome of *True* Love. The Love from his Soul poured out to one and all. He did not see any difference between man and beast, between Hindu, Muslim or Christian, between male or female, between young or old. He was a realized master with *True* Love flowing through him. It is rare to find a fountain of *True* Love like Dada.

Dada often spoke about how human beings may develop a passionate triple yearning, a yearning that comprises a yearning for the beloved, a yearning that a lost child has for its mother and a yearning that a miser has for gold. Much stronger than all this yearning put together should be the yearning for *True* Love, Love from the Soul that yearns for the Divine that manifests in one and all.

Those who realize *True* Love as Soulful Divine Love, open their arms and heart to love one and all. They realize that Divinity exists in each living creature, be it man or beast. Thus, they live with deep compassion and genuine Love. They develop a reverence that is born from the realization of the truth. *True* Love makes realized Souls live as Divine Souls, loving one and all.

Love that is of the body,
Love that is of the heart,
Is the Love that often sees
lovers sadly going apart.

***True* Love is Love Divine,**
It is Love from Soul to Soul...
Two Souls realize they are one,
That is the *True* Love goal.

SUMMARY CHAPTER 8
TRUE LOVE IS UNIVERSAL LOVE

- When one realizes the Truth, that the place where Love is born is the Soul or spirit, then one discovers *True* Love.

- Soulmates are not possessive of the body of the beloved. They realize that the body is just like a garment that covers and decorates their loved one.

- *True* Love is not just Divine. It is Universal Love. It is what the Greeks call Agape. It is what the Sufis call *Ishq Haqiqi*.

- Those who realize *True* Love as Soulful Divine Love, open their arms and heart to love one and all.

- They realize that Divinity exists in each living creature, be it man or beast. Thus, they live with deep compassion and genuine Love.

- They develop a reverence that is born from the realization of the Truth.

- *True* Love makes realized Souls live as Divine Souls, loving one and all.

LIVING WITH *TRUE* LOVE

9

What is *True* Love all about? How does one live with *True* Love? How can we make Love a source of joy, a fountain of bliss? If only we realize the true meaning of Love, if only we discover *True* Love, our life will be transformed.

***True* Love is Bliss:** Only those who experience *True* Love, experience the ecstasy that comes with it. There are no expectations, no conditions...just Love, pure Love. Such Love is bliss. It is Love that flows from one Soul to another. *True* Love becomes amazing because a lonely person becomes one with his Soulmate. Not just that, the human Soul connects to every Soul causing Love energy to flow to and from the world. *True* Love makes the individual Soul connect to the Universal Soul. One becomes conscious of one's Divine self. *True* Love overcomes petty annoyances like fear, worry, hate, jealousy, and anger. *True* Love is bliss. The only way to experience bliss is to realize *True* Love

***True* Love is not just a kiss:** Those who live without realizing *True* Love think that Love is about hugs and kisses, roses and relationships. They suffer from disappointment and heartbreak because they fail to realize the meaning of *True* Love. Unlike a kiss that is momentary, *True* Love is eternal bliss. We know that material pleasures are very transitory, they come and go. So is physical Love. If one wants to live with *True* Love, one must grow beyond physical Love, even beyond emotional and intellectual Love, making Spiritual Love the Love of their life.

***True* Love experiences togetherness:** When two people are

experiencing *True* Love, they drop all differences between themselves. They transcend their ego. It hardly matters who is right because *True* Love makes a big transformation, as two people become one. The togetherness creates a positive aura in their life, and not only does this *True* Love give peace; it spreads into the world, vibrating happiness and Love to one and all. Those who experience *True* Love feel the oneness with everybody in the world. This divine ecstasy is blissful, but those who don't realize *True* Love can never understand what this is all about.

Magic of *True* Love: *True* Love is magical. Strange things happen when our life is touched by *True* Love. We become compassionate and kind. We develop a sense of understanding that is beyond human comprehension. *True* Love stands on the feet of acceptance and surrender. It doesn't question, it doesn't wonder. It just accepts joyously and peacefully. *True* Love doesn't hope, it just surrenders, living without expectations and thereby making disappointments a thing of the past. This makes life peaceful and blissful.

True Love does not know the meaning of negativity as forgiveness is the doorway of *True* Love. In *True* Love we experience pleasure in serving the beloved, knowing that the beloved is none other than the reflection of the self. It is a blessing to realize *True* Love and live with *True* Love.

Loving everything as Divine: When we experience *True* Love, there is a paradigm shift. We see beyond what is physically visible. Somebody who hasn't experienced *True* Love will look

at the skin, not the one within. They would view a beautiful gold ring as a piece of jewelry, a ring. But the one who has realized *True* Love will not see the ring. They will see the gold that it is intrinsically made of. Without *True* Love, we will watch the waves, but *True* Love doesn't see the waves – only the ocean from where the waves manifest. A seeker of Love looks at a porcelain vase, a mug, a plate, a statue, but one who realizes *True* Love just sees the porcelain that has been shaped into these products. *True* Love looks deeper, at the Soul within.

What does *True* Love do to a person? It makes Love emanate as Divine. *True* Love is Divine Love. One realizes that the one we are loving is Divine, not human. It creates a realization that Love itself, is Divine. We see Divinity all around us and ourselves experience the Divine.

Living blissfully like a child: Who wouldn't like to live like a child - innocent, joyous, and peaceful? Every adult envies a young child because the child has not yet grown up to learn the wrong meaning of Love. The child is born with *True* Divine Love. A child loves one and all, although the child doesn't know anything. Divinity flows through a child just as *True* Love does. As a child grows and becomes an adult in this world of pleasures and possessions, the child gets enveloped in the ordinary Love of body and mind. As the child grows and learns to kiss, the child forgets its Divine *True* Love that was bliss. We must learn to live like a child, without any apprehensions, preferences, and complications. After all, life is a journey from birth to death and to truly enjoy it, we must fill it with *True* Love. Like a child lives, we must eliminate all those

negative emotions that rob us from our bliss, making us miserable and unhappy. Have you ever seen an innocent young child hating anybody? Divine Love flows so seamlessly in a child that it doesn't understand the meaning of hate. Where there is *True* Love, there is no place for hate to exist.

Be conscious of *True* Love: If we want to live with Love, then we must be conscious of *True* Love. This consciousness must be unbroken. Just like a good SIM card doesn't lose its connection from the satellite and maintains its network, *True* Love is ever conscious of its Divine self. If we really want to live a life of bliss, peace, and tranquility; if we want to leave all misery behind; if we want to be fearless, without anxiety and worry then we must live with awareness, ever conscious of *True* Love. *True* Love should fill every breath of our life as it should appear in every thought, word, and deed.

Living is loving - loving is living: There is nothing other than Love. Those who realize *True* Love are not living, they are loving. Every moment of Life is filled with Love – that is *True* Love. The common man lives life in a normal way. Just as he experiences day and night, he experiences Love and hate. Those who live with *True* Love transcend misery and sorrow. There is nothing other than Love in their life. Every action is surrounded by Love. They look at every individual as an epitome of Love. *True* Love doesn't find fault. In a normal loving relationship, there are moments of pleasure and pain, for the human emotions overshadow Love. The moment *True* Love replaces Love, then Divinity takes over and sees perfection in everything. Although few things are good and a

few are bad, *True* Love views everything as 'perfect' and accepts it joyously. So, there is bliss, an unending flow of joy and peace.

It is not easy to live with *True* Love especially in today's world where Love has been commercialized. Everything is transactional. Love is need-based, not based on *True* Love. Therefore, Love has become stressful. Love has become just another word, not what it is truly meant to be. Because Love is so contaminated, it becomes important to redefine it as *True* Love and start a blissful life journey, transformed with *True* Love.

True Love is a fountain of peace and happiness. Although it is not something that everyone can realize easily, it should be the goal of every human who naturally seeks happiness to realize *True* Love, the very source of joy and peace. It is time to realize the truth and to discover the ultimate secret – *True* Love is Bliss...not just a Kiss!

Love is about diamond rings,
Celebrating with champagne and wine.

***True* Love is joy, bliss, and peace;**
It is Love for the Soul Divine.

SUMMARY CHAPTER 9
LIVING WITH *TRUE* LOVE

- Only those who experience *True* Love, live without expectations and conditions.

- *True* Love is Bliss. It is Love that flows from one Soul to another. *True* Love makes the individual Soul connect to the Universal Soul.

- Those who live without realizing *True* Love think that Love is about hugs and kisses, roses and relationships. They suffer from disappointment and heartbreak.

- Unlike a kiss that is momentary, *True* Love is eternal bliss.

- When two people are experiencing *True* Love, they drop all differences between themselves. They transcend their ego.

- *True* Love stands on the feet of acceptance and surrender. It doesn't question, it doesn't wonder. It just accepts joyously and peacefully.

- Without *True* Love, we will watch the waves, but *True* Love doesn't see the waves – only the ocean from where the waves manifest. *True* Love looks deep at the Soul within.

- Children are born with *True* Divine Love. A child loves one and all, unconditionally without any sign of hatred.

- *True* Love is a fountain of Peace and Happiness.

THE RAINBOW OF *TRUE* LOVE

Every human being is born with the gift of Love. To live is to love, just as to love is to live. However, if Love is purely a means for physical pleasure, it is not 'Love'. Love has a very deep meaning which is realized by a very few fortunate ones. They are the ones who enjoy the rainbow of *True* Love.

What is the Rainbow of *True* Love?

Have you ever seen a rainbow in the sky? Doesn't this natural phenomenon amaze you with its dazzling colours? Have you realized that the rainbow of 7 colours is caused by light from the sun, light that is pure and White in colour? Just as the Creator has created a dazzling rainbow from White light, the Creator has also created 7 colours of human Love that are born from White Love. What is the significance of colours in Love?

Just like a rainbow appears as a blend of 7 different colours, *True* Love manifests in a human being at every step of human existence. And just like the rainbow is nothing but the Divinity of the Sun shining through droplets of rain, splitting into a magnificent array of colours, *True* Love also manifests in 7 colours and evolves as we grow.

To remember the 7 colours that together evolve to *True* Love, let us use VIBGYOR – Violet, Indigo, Blue, Green, Yellow, Orange, and Red, the colours that are created from White light as we go through and experience the rainbow of *True* Love in our life.

Violet Love is Family Love: We all have experienced Love for

our kids, our parents, our brothers and sisters. Does any human grow up without experiencing Love? We can recall that innocent Love and even today, we see this Violet Love in every family. There may be a few families that are deprived of the fullness of family Love and it affects the family. We often see how a divorce or a separation impacts the family when Love seems to end between those who create the family. Kids grow up without Love, the very fountain of joy and often live lives filled with cynicism and coldness. Some families can be seen with Love flowing amongst all members. This is the Violet family Love which makes families knit as a unit. Lack of Violet Love distances members of the family to finally disintegrate and fragment the family unit. Don't we see a sense of belonging, oneness born out of affection for family members that makes us feel that it is 'my family'? This Violet family Love is a gift from the Creator and as we grow, it evolves to Indigo Love.

Indigo Love is Friendly Love: Haven't we seen friends loving each other? This is not romantic Love or Love that manifests in physical terms but is deep fondness of friends whom we like to be with. Indigo Love between friends can be very strong and may be between people of the same gender or different. Indigo Love can exist with any age gap and may be an extension of Violet Love amongst a few members of a family who branch away from Violet family Love to Indigo friendly Love. Such Love can sometimes be very intense and may last for many years.

While Violet family Love seems to be a design of creation,

Indigo friendly Love is Love by choice. While both are a fountain of joy, they spark in a human being the Divine emotion of Love that eventually turns Blue.

Blue Love is Romantic Love: Who hasn't experienced Blue Love? This third colour of Love appears as we grow up from Violet family Love and Indigo friendly Love. It is very natural for us, humans, to fall in Love with our beloved. We become excited and enjoy companionship of the beloved. Such is Blue Love. It starts when we are teenagers but sometimes, never ends. However, in most cases, Blue Love matures into Yellow, Orange and Red Love, the other colours of Love which we will soon discover.

Blue romantic Love often happens in a flash. It is mostly a Love for physical appearance when Blue Love is experienced as 'Love at first sight'. Sometimes though, Indigo friendly Love can evolve into Blue romantic Love when two individuals bond physically, emotionally or intellectually.

Does Blue romantic Love end there? The world is filled with the most passionate aspect of Love, that is Red. However, when the ego dominates, then Blue Love abruptly ends as Green Love.

Green Love is Self-Love: Sometimes people don't bloom in Love but become so self-centered that their world seems to be a very personal thing. It is not very common, but instead of growing in the rainbow of Love, some people develop Green Love which is a strong Love for themselves. To these people,

Violet Love of family or Indigo Love of friends is not important since they are very self-centered. Only some of them grow in Blue or Yellow, and then Red Love. Others love themselves so much that nothing else matters. Is this good or bad? In some cases, this is tragic because Green Love develops the ego. The ego filled with Green Love, loves none other than the self. This is a recipe for failure. However, sometimes Green Love develops into a very high self-esteem. In these cases, Love manifests as a power of creativity, energy, and ultimately success.

Is Green self-Love good or bad? Love is never bad, but *True* Love is the realization that creates bliss. Green Love can independently never give contentment and fulfillment that will ultimately lead to joy and peace. However, we need the rainbow of Love to experience *True* Love. If one doesn't get boxed in Green self Love, then one goes beyond Green and matures into the other colours of the rainbow of Love.

Yellow Love is Intellectual Love: Yellow Love is intellectual. The emotion of Love doesn't stop with family Love, Love between friends and romantic Love. While the world understands many of the Love colours, we sometimes miss a very important aspect of Love, that is intellectual. For Love to evolve to *True* Love, it must transcend to Yellow. Yellow Love is mature. It is not skin deep. When two people enjoy each others company in an affair that is Intellectual, they can talk for hours on subjects that are intellectually stimulating. Thus, Yellow intellectual Love is a blend of Indigo friendship and Blue Love. It creates a deep bond between two people. With

Yellow Love, two individuals twin in their thoughts as the two minds become one.

Often, Love that has evolved to Yellow, goes beyond Blue romantic Love, that is purely a physical attraction for each other. This Love is a very genuine liking for each other as the seeking for each other becomes very natural and then blends into other colours of Love.

A man may seem to be madly in Love with a woman due to her beauty. Why then did their relationship fall apart? Because their Love was just Blue. After a time, if Love that is just romance and physical intimacy doesn't evolve, it can reach a dead end.

The rainbow of Love manifests further into Love that is Orange. In fact, Orange Love is a very powerful colour of Love.

Orange Love is Emotional Love: Few people realize that Love is largely an emotional subject. Ask women and they will tell you that without emotion there is no Love. What is this Orange emotional Love? When Love expresses itself as care, concern, kindness, compassion, service, sacrifice, devotion, and dedication, it is an emotional manifestation of the Divine emotion of Love. Strange but true, that many men just can't relate to this. To them Love is Red and passionate. If not, it is Yellow, purely intellectual. It is mostly women who can teach men the glory of Orange emotional Love.

The rainbow of Love is however incomplete without Red

passionate Love. Not only in men, Red Love blooms in women too. It seems that the Creator has made it such that without Red Love the rainbow of Love is never complete. What is this Red Love?

Red Love is Erotic Love: We have covered 6 colours of Love. It starts with Violet family Love and like a rainbow it goes on to Indigo friendly Love before it becomes Blue romantic Love. Then sometimes Love reaches a dead end with Green self-Love. If not interrupted by Green Love, Love further transcends into Yellow intellectual Love and Orange emotional Love. Can a rainbow be made of 6 colours? No! All 7 colours are needed for the rainbow to appear.

Normally, Blue Love or romantic Love naturally becomes Red erotic Love. In most cases, Love manifests from romance to its physical expression. This differs between men and women. In men, Blue Love goes to Red but in women, it may be emotional Love first, before turning Red or erotic. Both men and women enjoy Red erotic Love. However, men and women are quite different from each other. A man must experience Red erotic Love, to manifest emotional Love. A woman must experience emotional Love before it leads to Red erotic Love. The Red Love is what Love is thought to be these days, pure physical expression of Love or just sex. Coming at the end of the rainbow, is this Red erotic Love, a Love that seems to be the peak, the most powerful of all types or colours of Love that one experiences.

Somehow, the world sees Love primarily as this Red erotic

Love. If we look around, the entire world is filled with Red Love and it seems to cast a shadow on the other colours of Love. The lust of Red Love often puts a stop and doesn't let Love transcend to the peak of *True* Love.

While Blue romantic Love naturally leads to Red erotic Love, it also happens that Red erotic Love develops into Blue romantic Love. The world sees Love moving in both directions, from romantic to erotic and from erotic to romantic, each model claiming their flow of Love to be the right way for Love to evolve.

Is Love all about romance and sex? While both men and women enjoy Blue romantic Love and Red Love that is physical, Love is not just skin deep, it goes deeper into the emotional and intellectual level. Love that is limited to Red erotic Love states "Let's make Love," when in reality, two physical bodies are craving for physical intercourse. It may not be Love at all, just a human need. But when Red erotic Love is in command, it often misses to experience the beauty of Love that is Yellow, Intellectual or Orange, Emotional Love.

Nobody needs to be taught what Red erotic Love is. In fact, Love manifests from the day we are born as a child as Violet. It doesn't stop there, it blends into Indigo and very naturally becomes romantic Blue Love. Who can deny self-Love that is Green? Haven't we seen Yellow Love that makes two people twin on the same frequency? Then comes Orange Love without which no Love movie could ever be produced for it is Orange Love that breaks hearts and creates tears. But the

climax of Love seems to be Red.

The question that now needs to be answered is, "Where do these 7 colours of Love come from?" Let's go back to the rainbow. The 7 colours of the rainbow appear when pure White light from the Sun reflects in tiny droplets of water causing a spectrum of 7 colours with refraction and dispersion of light. Without the pure White light from the Sun, there would be no rainbow. For the 7 colours of Love to appear, we need White Divine Love. Without White Love, it is impossible for us to experience the 7 colours of Love. Have you ever seen the rainbow in the night? Impossible! Because the White light is missing. White is the colour that causes the 7 other colours. What is this White Love?

White Love is Spiritual or Divine Love: The ultimate source of Love is White in colour. We all grow through Violet, Indigo and Blue Love. Some of us get caught in Green self-Love, some in Yellow intellectual Love and some in Orange emotional Love. If we don't experience Red erotic Love, Love seems incomplete. But where do all these 7 colours of Love come from? They come from White Love, Love that is Soulful, Spiritual, and Divine. We need White Love, Love of the Soul or Divine Love to give birth to all 7 colours of Love.

White Love is the Love that comes from deep within. It is Love born from the spirit, the Soul, the very essence of who we truly are. As long as we think we are a body-mind complex, we may Love from heart to heart and think this is *True* Love, but this is an illusion. Even if Love evolves from being physical and

emotional to being intellectual, it still doesn't experience the magic of *True* Love that comes from the Soul.

White Soulful Love is Divine. The ecstasy of this Soulful Love is more orgasmic than any human being can imagine. As long as we are ignorant and we think that Love is skin deep, we will enjoy Blue romantic Love and Red erotic Love. Even if we think our Love has matured, emotionally and intellectually, it is still Orange or Yellow Love. Even if one transcends Green self-Love, and tries to spread the joy of Love to others, it has still not discovered the rainbow of *True* Love. *True* Love is White, Soulful and Divine.

White Love is realizing that we are not the body and mind, but rather the Soul, the very energy that creates life. White Love is realizing that we are that Divine Energy, the Soul and that the Soul in us is no different from the Soul in others. The Soul is nothing but the Life Energy that creates breath. Without this Soul or Life Energy, there would be death. We are in essence the Soul. While some of us think we are the bodies that we wear, in reality, we are the ones who wear the body. Therefore, Love may appear from the body, but *True* Love appears from the Soul, our actual existence. Just like the White light from the Sun creates 7 colours, it is White Love from the Soul that is the source of the 7 colours of human Love.

Those who realize White or Divine Love, realize that the bulb doesn't glow on its own. It is the electrical energy that causes light in the bulb. Just like electricity gives power to the bulb, the same electricity powers our television, air conditioner and

other gadgets like our mobiles and laptop. One who realizes White or Divine Love realizes that it is this White Love, Love from the Soul that is the source of Love we humans experience from birth to death. Just like electricity in our home is from one source, the source of all Love is White Divine Love. Those who realize this truth realize that the source of Love, White Love is the Divinity in us which is the source of all 7 colours of our life.

It is not very easy to realize White Spiritual Love. This is because our mind makes us believe that we are a body-mind complex. In reality, we are neither. We are the Divine Soul. Unless we realize this, we can Love, but we can never experience *True* Love. If one still doesn't understand that we are in essence not separate from each other, contemplate the air that was in two balloons that we deflated. The air appeared separate as long as it was in the two balloons, but once deflated, the air merges with the air that is everywhere, becoming one. So does our Soul! As long as our Soul is embodied in a body-mind-complex, we think we are separate from each other, but the moment we let go of this body and mind, we are in essence one Divine Cosmic Soul. We are not different from each other. We are one.

Is it difficult to realize that all the 7 colours of the rainbow come from the White light of the Sun? If this is not difficult then why do we, humans, grapple with the fact that all Love emerges from White Divine Soulful Love which in essence is the *True* Love that is actually bliss?

Ultimately, to experience *True* Love, we need all colours of

Love - Violet, Indigo, and Blue Love must transcend Green, Yellow, Orange, and Red Love to experience White Divine Love. Then together, with all the different colours of Love that we experience will appear the magnificent rainbow of *True* Love. Unless we realize White Soulful Divine Love, we will never experience the rainbow of *True* Love.

For *True* Love to happen whether one is man or woman, whether one's Love is Green self-Love or Yellow intellectual Love, it hardly matters. For *True* Love to be realized, the ultimate Love that is needed is White Love, Love that is Spiritual or Divine.

But what is White *True* Love? *True* Love is realized when we experience the source of the 7 colours of Love, White Divine Love. It is that Love which creates true everlasting bliss by manifesting as all the colours of Love from the day we are born. Where did Violet Love come in a child? It came from the Soul. Where did Indigo Love come in friends? The source is White Love. What made us fall in Love with Blue romantic Love? It is the Divine White Love. What makes Love turn Green to Love one-self? It is the Soul within. What makes Love mature into Yellow intellectual and Orange emotional Love? It is again the source of Love. It is this White soulful Love that ultimately bursts as Red erotic Love. Without White Love, these 7 colours of Love would never exist. *True* Love that is White and that manifests as all colours of Love in our life is truly bliss, if only we realize the source of all Love.

The Creator has made the rainbow to depict Love in the sky. The magic is having all 7 colours, otherwise, what is so great

about a rainbow? It manifests from the day we are born till the day we die in the 7 magnificent Love colours, each having its own beauty. For one to experience it, one must surrender to White Love that bursts into all 7 colours of Love. One, living with only one colour of Love or just a few colours of Love, will never experience *True* Love, that is Bliss, the rainbow of Love.

***True* Love is like a Beautiful Rainbow:** The 7 colours of Love together create a rainbow of *True* Love. Just like all the colours are required to make a beautiful rainbow, all the 7 colours of Love are needed to ultimately experience *True* Love. Just like Divinity splits into the 7 colours of the rainbow as the Sun shines through the droplets of water, so also *True* Love continues to manifest in a human being with all its colours.

By now we should realize that the source of *True* Love is White Divine Love. Because this Divine, White Spiritual Love is not realized, the rainbow of *True* Love never gets formed. The various colours of Love can exist independently, but the rainbow of *True* Love, Love that is wholesome and universal, is never experienced.

Some men think that Love is all about Red erotic Love. They fail to see the rainbow of *True* Love. Some women think that Orange Love is real Love. They live and die with their emotions but never experience *True* Love. There are some who never grow up or evolve from Violet family Love or Indigo friendly Love. Then there are some who keep on going around in circles of Blue romantic Love. Their Love never matures and evolves. *True* Love is a rainbow. It needs to manifest in all 7

colours. A human being who is an embodied body-mind complex, driven by ego, cannot enjoy the bliss of Love just with Red, Orange, and Yellow Love. These may give physical pleasure, emotional fulfillment, and intellectual gratification, but will never give the bliss that the rainbow of *True* Love creates. We need the ecstasy of Spiritual Divine White Love to experience true bliss.

Therefore, man and woman must discover White Divine Love, Spiritual Love to experience *True* Love. There are some people who live a life of illusion. They think that once they discover White Love, Divine Spiritual Love, all other colours must cease to exist. They don't realize that a human being is, in essence, a Soul and it needs Divine Love. But just as the Soul needs the body and mind to manifest itself, White Love creates bliss only when it appears as the other colours of Love, creating the rainbow of Love which makes us experience the bliss of *True* Love.

We must caution ourselves of a danger here that may stop us from realizing *True* Love. When Red erotic Love, Yellow intellectual Love or Green self-Love stops the Soul from evolving further, we do not realize *True* Love. This is a common scenario that denies a human being the experience of *True* Love. Humans may enjoy physical Love, feel fulfilled with emotional bonding and be excited with intellectual orgasm, but none of them would experience true bliss, the eternal, everlasting *True* Love without experiencing White Divine Love, the source of all Love.

I myself experienced all the 7 colours of Love that were caused by a burst of White Divine Love and I realized that it is time to share the secret of the rainbow of *True* Love with the world to bust the myth that Love is just a kiss, and to make people realize the Truth.

True Love is Bliss, not just a Kiss!

Love is Violet – Family Love
And Indigo Friendship too.
It becomes Blue with Romance
And Erotic Red that will glue.

True **Love is White, Divine Love**
That loves from Soul to Soul.
It encompasses all 7 colours of Love
To make our life whole.

SUMMARY CHAPTER 10
THE RAINBOW OF *TRUE* LOVE

- Just as the Creator has created a dazzling rainbow from White light, the Creator has also created 7 colours of human Love that are born from White Love. *True* Love is like a beautiful rainbow.

- What is the significance of colours in Love?
  - **Violet Love is Family Love:** We experience this Love as Love for our kids, our parents, our brothers and sisters.
  - **Indigo Love is Friendly Love**: It is not romantic Love but is deep fondness for friends.
  - **Blue Love is Romantic Love:** When two individuals bond physically or emotionally, it is Blue Love.
  - **Green Love is Self-Love:** Sometimes people don't bloom in Love but become so self-centered that they just love themselves.
  - **Yellow Love is Intellectual Love:** For Love to evolve to *True* Love, it must transcend to Yellow Love that is mature and intellectual.
  - **Orange Love is Emotional Love:** It is care, concern, kindness, compassion, service, sacrifice, devotion, and dedication seen more in women.
  - **Red Love is Erotic Love:** The world sees Love primarily as this Red erotic sexual Love.
  - **White Love is Divine Soulful Love:** Without the pure White light from the Sun, there would be no rainbow. For the 7 colours of Love to appear, we need White Divine Love. Without White Love from the Soul, it is impossible for us to experience the 7 colours of Love.

AFTERWORD

When I first got a flash of inspiration to write a book on Love, I wondered, "Why?" Then I realized that Love was the source, the fountain, of joy and happiness. This inspired me to start writing this book. After all, humanity wants to be happy and wants to love, but do people understand the meaning of *True* Love? Why does Love lead to tears that come from broken hearts? This is because we live in ignorance, not knowing the true meaning of Love.

My spiritual mentor and master, my guru Dada J.P. Vaswani, often spoke of *Ishq Haqiqi* - the Sufi Spiritual Love. He often told me the tales of Rumi and how the Sufis treated *True* Love as something Divine. He had also discussed the Greek Love of Agape and Eros and how the world does not understand what *True* Love is. Strange, isn't it? Something as simple as Love but people don't know the true meaning of it.

I had my "Aha!" moment when I realized that *True* Love was White Divine Soulful Love. It is like the White light of the Sun that creates the rainbow of seven colours. That is exactly what *True* Love is. Love of the Soul manifests as Love right from the time we are born till the time we die. Without the Soul, there is no Love. It is as simple as that. Love starts with the Soul at birth and ends at death. But why are we humans ignorant about *True* Love?

Then I studied the 7 types of Love that the Greeks spoke of, and lo and behold! It was also 7 colours of Love! Can anyone deny Violet Love that is seen between kids and parents, brothers and sisters? Then, there is Indigo Love between friends. We all

experience Love for our best friends. Blue Love is when our heart seems to beat for our beloved. This romantic Love is experienced by most people in the world. Then there is self-Love that is Green. Who doesn't love his own self? Love manifests as Yellow intellectual love when there is a bonding between people who are on the same frequency. Love in women is very often Orange emotional Love. It may not be so passionate or physical but it's Love as they see it. And finally, comes passionate Red Love that is sex or the physical expression of Love. The Greeks had spoken of 7 types of Love centuries ago. They had also spoken of Agape or Love for God as one of the seven types of Love. Somehow, this had some pieces of the puzzle of *True* Love, missing.

The Sufis had a great message when they divided Love as Love for pleasure and Love for God. I studied further and found it was very practical. People wanted to love. This Love gave them pleasure. This Love also led to sexual attraction and marriage made it legal to have a sexual partner. It also legalized children and institutionalized families that created joy and happiness. In fact, the Creator seems to have created this universe in such a manner, that Love is a very natural emotion. In fact, it is one of the strongest emotions. We see Love in animals just as we see it in every child who takes birth.

But what seemed to be missing was the understanding of the meaning of Love. What was *True* Love? I feel blessed to have realized that *True* Love is Divine Soulful Love which I call White Love. Just as the White light of the Sun creates the 7 colours of the rainbow, so does the Love of the Soul create Love

that manifests as all 7 colours. It's not complicated to understand that Love exists only when the Soul exists. When the Soul departs, there is no Love. From the moment the Soul comes alive in a living being, Love is experienced. The moment the Soul departs, the spark of Love in a person or a beast gets extinguished. Throughout life, we experience the seven types of Love, each manifesting from the Divine Soul within. It may seem that the body and mind are loving. It may look like Love is beating from the heart. But it is not difficult to realize that Love is actually emanating from the Soul. The Soul is the source of all types of Love. Thus I realized that all Love is from the Soul.

This realization was very profound. It made me understand why Love, which is such a beautiful emotion, is also the cause of misery and tears. Why do so many lovers cry and eventually even end their lives due to Love? Is this *True* Love? Unfortunately, no. I thought the world thinks of these stories to be true Love stories but these are just stories of superficial Love - the Love that is not understood due to our ignorance. If we understood the true meaning of Love, that it can never create any misery and it is a fountain of joy, we would not suffer. Unfortunately, because we are so absorbed in the seven colours of Love, we are so fascinated by the rainbow of Love, we don't stop to see that the seven colours of Love that we experience throughout our life is nothing but Soulful Divine Love, Love that is White and from the Soul Divine. Due to ignorance, we human beings have suffered in Love, instead of living blissfully in it.

How can we justify the truth about this? If we see people who have realized the truth about Love, those who love from the Soul, they enjoy the bliss that is eternal and everlasting. To them, there is Love but no heartbreak, there is no misery and pain. They see Divinity everywhere. They love one and all and they are the ones who have realized *True* Love. They love the Divine that manifests in everything that is created on this wonderful earth. This makes them live a life of bliss, peace, and joy.

This amazing realization made me love, but not in the ordinary sense of loving. Of course, we are embodied Souls. We live in a body-mind complex but in reality, we are the Soul. We are not the bodies that we wear, we are the ones that wear the body. We are the Energy inside, the Life, the Soul, the Spirit or the *Atman.* This Soul within can love universally because that is what *True* Love is all about. *True* Love is not shallow, physical Love though it may manifest in physical expression. It's about living and loving with the realization. When we are kind and compassionate to another Soul, who is embodied in another entity, but we love from Soul to Soul, this is pure Divine Soulful Love. Is there any expectation? Absolutely not! In *True* Love, there is no expectation, just Love. Love that is pure and giving; Love that is forgiving and understanding; Love that accepts and surrenders. Once we understand the meaning of *True* Love, we are no more attached to a body and mind. We realize that the body and mind are just like a garment, not the true identity of the one who is alive.

Living with *True* Love is so blissful. One can love anybody

knowing that the Soul they are loving is no different than the Soul that is they themselves. We are all part of one Divine Consciousness, but we are not conscious of this Truth. Thus we can love our pet dog because the Soul in the pet dog is also the same Divine Soul that exists in all.

The question then is, "Why don't we all live with *True* Love and enjoy the bliss? Why are we the prisoners of Love that binds and makes us miserable?" Absolutely! These questions arise because we live in a cosmic illusion. We must decode the myth and realize the Truth. Then we will be liberated. All religions talk of liberation and enlightenment but we humans, continue to be prisoners of our own ego, mind, and body and we suffer. We don't enjoy the bliss that *True* Love generates.

We are the prisoners of Love that is superficial and we cry instead of living with a dancing heart and Soul. If only we overcome our ignorance and realize that we are the Divine Soul, then we can live blissfully and peacefully forever, loving without fear, loving without guilt.

Why do we fear and feel guilty when we love? It is because of our ignorance. We don't know who we truly are. We don't know who is truly loving whom. We don't realize that the source of all Love is the Divine Soul, the same Divine Soul that exists in each one that is alive. It is the Divinity that manifests in you and me. This is the Truth. The Truth, which when realized, will create bliss in us - bliss that is far more fulfilling than just a kiss.

What is a kiss? Nothing! What is sex? Nothing! What is the Love of family and friends? Nothing! We don't realize this because we have not experienced *True* Love that is from the Soul. If only we experience *True* Soulful Love, all other forms of Love will look so ordinary. We are blind and we fail to experience the bliss of *True* Love. Less than one per cent of this world is physically blind, but more than 99 per cent are Spiritually blind. We don't understand the true meaning of Love. We are blind to the bliss that *True* Love creates. We are ignorant that we are not the body and mind that we seem to be. We are the Divine Soul, the source of all Love and joy.

What happened when I discovered *True* Love? When I realized that *True* Love was white Divine Soulful Love, did the Love in my life come to a dead end? Absolutely not! When I realized that *True* Love was white and Divine, it manifested as all 7 colors of Love in my life. When I loved my parents, I loved the Divine Soul that I saw in them. My friends were no more just friends, but embodiments of the Divine and my liking for them turned to Love. Did romance stop? Of course not! But I was not romancing with ordinary bodies. My romance was with the Divine Soul. I continued to Love emotionally and intellectually, in Divine amazement of the manifestation of the Creator, in my heart and my mind. My Love for myself has evolved to Divine respect with the realization that I am a temple of the Divine. Finally, while I do not crave for the lust of physical body, my Love when expressed in physical terms is again nothing but deep Love for the Divine Soul. Because my paradigm of Love has changed, I love all the time without any expectations, going beyond the body, loving the Soul.

A villager once came to town and went to watch a movie. His friend asked him, " What do you see?" He said, "I see horses." The friend quizzed him further as they watched the war movie, "What do you see beyond?" He replied, "I see elephants." "What do you see beyond the horses and elephants?" He again replied, "I see smoke filling the blue skies." "And what do you see beyond?" he was questioned again. "I see nothing," he replied. Just then the movie ended. "What do you see now?" he asked the villager. "I don't see horses, the elephants, and the blue sky. I just see the plain screen."

We too are ignorant like the villager. When the movie called "Life" comes to an end, there will be nothing, just white Divine Love. Because I realized *True* Love, I watch everything in my Life-movie as manifestations of the Divine. I live with 6 pet dogs, 12 geese, 4 ducks, and 300 pigeons, apart from lovely people that surround me, my family, my team, and my friends. I see Divinity in all of them and I love each one with Divine White Love, although it may manifest and appear as one of the colours of Love. My realization made me Love beyond the skin. I love the Divinity within. My Love is blissful and joyous, because I just Love, having no expectations. This is Bliss!

If only we realize the Truth and discover *True* Love that is bliss, Love from the Soul, our life can be transformed. We can Love one and all as the Divine, we can feel Love as a positive emotion and this can create true bliss in our life. Yes, *True* Love is a fountain of joy. It is meant to be a source of happiness, if only we discover what *True* Love is.

May this book inspire you to discover the true meaning of

Love, to realize what *True* Love is. Then you can live blissfully, peacefully, and joyously for the rest of your life, with Love flowing from you every moment that you live.

Discover the Secret of True Love

TRUE LOVE IS BLISS

NOT JUST A KISS

By

AtR

Atman in Ravi

POEM

True Love is bliss, it's not just a kiss
It's sad this truth in life we miss
We sing and we dance
And we enjoy the romance
But the bliss and the peace of True Love we miss

What is Love, seems a strange question to ask
Falling in Love is a very easy task
When somebody makes your heart dance
And you feel the romance
Life becomes beautiful and you live in that trance

Haven't you seen kids loving their mom and dad?
Friendship too is Love, it's not just a fad
When there is Love, there is bliss
Love is not just a passionate kiss
There are many different types of Love in fact

It's sad that people think sex is Love
Even without sex you can be hand in glove
With True Love, two become one
Yes, True Love is a lot of fun
It's happiness that takes you far above

When we speak of True Love, what exactly is meant?
In ignorance of True Love, our life is spent
True Love is really magic
That we miss it, is tragic
True Love is a gift that is God sent

Love is Love, but True Love is bliss
It is not just sex, it is not just a kiss
True Love is something great
But it is not everybody's fate
It is sad though we live, this treasure we miss

True Love is not just of body and mind
True Love is not something which the heart can find
What is our Goal?
Find True Love in the Soul
Then in True Love you will find two Souls will bind

With True Love you find that two become one
There are no disagreements and life becomes fun
When 'you' and 'me' become 'us'
Then there is no more fuss
And the treasure of True Love in life is won

The Greeks called Eros, the Love of passion
But Agape was True Love that was their mission
True Love was not just physical
And neither intellectual or emotional
True Love was to make Godly Love the obsession

If Love is so beautiful then why do we cry?
Why do lovers fight and then question why?
Because there is Love
But there is no True Love
The beauty of Love very soon does die

What makes you think that Love is a kiss?
What makes you believe that romance is bliss?
When you give away your heart
And you see it's torn apart
Then you realize that you made a miss

When you realize True Love in the Soul
There is peace in the Heart, and joy is whole
And you see beyond the skin
And you Love the one within
Then you have found True Love, your very life goal

In True Love, you are compassionate and kind, you give
True Love is such that you always forgive
True Love makes one free
And you live joyously
It is with True Love that one can truly live

True Love is a Divine Rainbow with Colours Seven
Colours that burst from White and make you feel you are in Heaven
It is the Love of Body and Mind
The Love of Heart and Soul
True Love is Divine, it takes you to Cloud Eleven

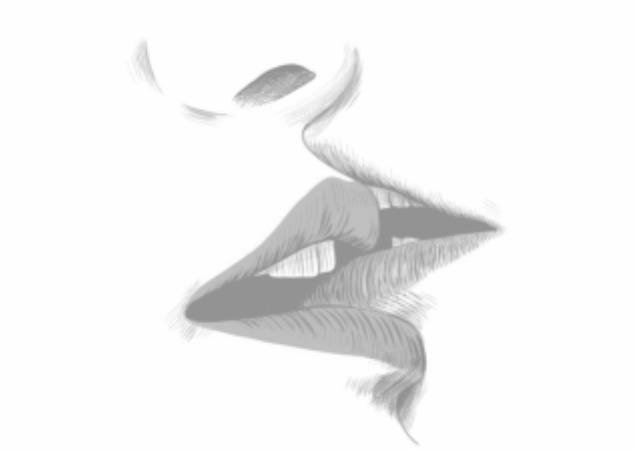
It's time to stop and True Love to find
To go beyond body and to go beyond mind
True Love is in the Soul
What is the ultimate goal?
To discover True Love and put everything else behind

True Love is Spiritual, True Love is Divine
True Love is more orgasmic than sex and wine
True Love transcends the heart
And goes deep within the Soul
True Love is loving God and making life whole

When you discover True Love, you smile all the while
For you see the Divine, everywhere, all the time
You see beyond body, you see beyond mind
When True Love in every Soul you find
True Love makes life blissful, True Love we must find

By
AiR
Atman in Ravi

Love is nothing special...
It makes us laugh and cry.
When our heart breaks,
We look up at the sky and ask, "Why?"



True **Love knows of no broken heart**
It is joy, peace, and bliss...
It is not just romance and erotic Love,
It is far more than just a Kiss.

ABOUT THE AUTHOR – AiR

AiR – *Atman* or the Soul in Ravi, is an embodied Soul whose only mission in life is to help people realize the Truth. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort.

After making millions, he realized that life is not just about making money. He shut down his business at the age of 40, transformed his life to RVM, living by the RVM philosophy – Rejoice, Value Life, and Make a Difference. He started doing H.I.S. work – Humanitarian, Inspirational and Spiritual work. His mission was to 'Make a Difference' in this world before his journey was over.

As a part of the humanitarian initiative, a charitable hospital and charitable homes were set up with an aim to provide free medical treatment and care to the poor, destitute, and needy. Today, over 700 homeless and suffering people are served and cared for in destitute homes and provided with free shelter, food, clothing, and medical care.

A School of Inspiration was set up that inspired the lives of many people through motivating talks, inspirational books and videos, and thought-provoking quotes.

A Shiva Temple was built in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and

we all have to go beyond religion to truly realize God.

One day, his Guru provoked him to introspect: What is the purpose of life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfillment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman.* He changed his name to AiR –*Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as RVM and started living as an instrument of God doing His Divine Will. This led to several realizations that formed his new mission of life – to help people Realize the Truth.

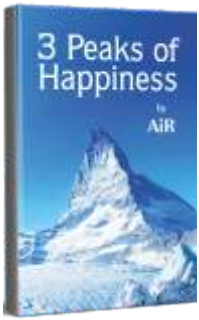
Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that we live in. Truth is Truth but our mind does not realize that. With AiR's own realization, he has published several books, written bhajans, blogs, quotes, poems and taken up several other initiatives that can direct people towards the Truth. His vision, now, is to help people to Ask, Investigate, and Realize. He believes that unless people ask questions, they will never start a quest and even if they start the quest unless they really investigate, they will not realize the Truth. This Truth cannot be learned in a school, college or university, it must be realized. AiR has dedicated his life to helping people realize the Truth.

BOOKS BY THE AUTHOR

1. Talaash

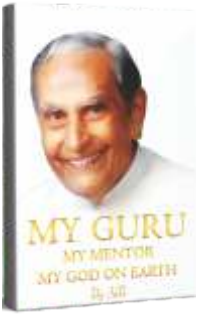
'Talaash' means Search or Quest. This book by AiR is his personal journey to realize the Truth where he shares his realization that we are not the body and the mind that we seem to be. We are a power. The Divine life force is known as Soul, Spirit or *Atman.* This search and quest by AiR made him transform his life. It is a quest that made him realize the Truth. It might be just that book that inspires you to liberation.

2. 3 Peaks of Happiness



3 Peaks of Happiness by AiR is a simple book that talks about the quest of all humanity. Everybody wants to be Happy. But is everybody Happy? No. The reason is we are stuck on the first peak of Happiness – Achievement. 20% of the people are lucky to climb the second peak of Happiness – Fulfillment, which comes from contentment. But there is a third peak beyond. The third peak of Happiness will liberate you from the prisons of misery and sorrow and give you eternal Joy and Bliss.

3. My Guru, My Mentor, My God on Earth

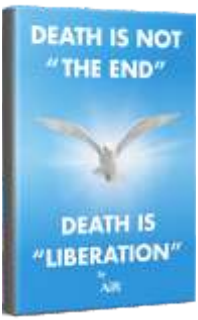


My Guru, My Mentor, My God on Earth is a book by AiR in which he shares his experiences with his Guru who was not just his Guru and Mentor, but also his God on Earth. We all need a coach, a teacher to help us understand, guide us to live life and this book "My Guru" will inspire you to find your Guru or to make your relationship with your Guru more fulfilling and meaningful.

4. I will Never Die. Death is not "The End"

In the journey of his life, AiR realized many Truths. One of the Truths was that he would never die. The body will die, but the one who lives in the body never dies. We are not the bodies that we wear; we are the ones who wear the body. Death is not the end. It is a bend to transcend. This book reveals the Truth about Death.

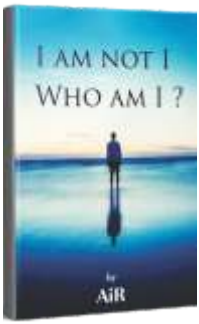
5. Death is Not "The End". Death is "Liberation"



Death is Not "The End". Death is "Liberation" – the second book in the series of books on death by AiR – touches upon the secret of the Kathopanishad, which talks about what happens at death. One of two things happen – if we think

we are the body and mind as a doer, we are reborn. But if we think we are not the body and mind, but the Energy, we are liberated to eternal joy and peace.

6. I am not I. Who am I?



I am not I. Who am I? – is a very interesting book by AiR, which talks of his quest and realization that we are not who we think we are. We have a house, but we are not the house. We have a car, but we are not the car. We have a body, but we are not the body. We may have a mind, but we are not the mind. Who are we? Realize the Truth.

7. The Mind is a Rascal

Can you believe that the mind is a rascal? You always thought that the mind is king – it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will find the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and to kill it. How do you do it?

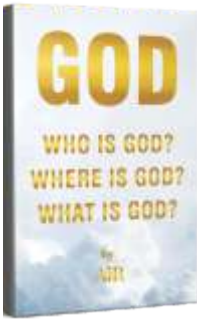
8. A Cosmic Drama

This book authored by AiR challenges us to think that whatever

is happening in life is not real. It is nothing but a drama. The earth is a big stage, and we are all actors who come and go. There is no need to worry and cry till we die. If we understand the Truth, we can enjoy the show called life.

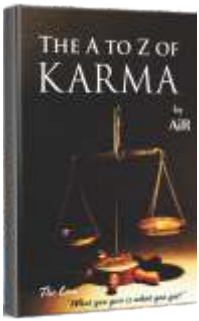
9. Who is God? Where is God? What is God?

Well, this might seem to be a simple set of questions, but nobody really knows the answers. We all know that God exists. We pray to a God as per our religion but what is the Truth about God? Has anybody seen God? Where is God? This simple book will change your perception and belief about God and bring you closer to this Power called God. It will help you realize God.

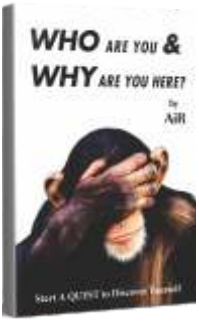


10. The A to Z of Karma

Most people are aware of the concept of Karma – the Law. What you give is what you get. But not everybody knows the A to Z of Karma, that we can actually transcend Karma, escape from it and achieve Moksha, Nirvana, Liberation or Enlightenment. This book reveals the secret – of eternal joy and peace - a life without any misery or suffering.



11. Who Are You & Why Are You Here?



'Who are you and why are you' here is a simple book which challenges us to discover the secret of our life. Most of us think we are the body-mind complex, but in reality, we are not. The body will die and return to dust. Where is the mind, we cannot find. Who are we in reality? And beyond that what is the purpose of life on earth. This book will give you all the answers.

12. The 4th Factor

Man thinks that he can achieve anything. He believes that there is nothing in this world he can't do. But, he doesn't realize that his efforts and equipment are not enough to decide the results of his actions. Sometimes, he does his best but things don't work out the way he wants. He then realizes the importance of the 4th Factor, a factor that makes the possible, possible and without its consent even the possible becomes impossible.

13. Be Happy in the NOW!

Every human being on earth wants to be Happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail to realize that Happiness is the journey itself, not the destination. Then, what is the secret of eternal joy, bliss, and peace? It is being Happy in the NOW. Every time we let the suffering of yesterday

take charge of our life, we destroy the joy of today. When our thoughts anxiously jump into what may happen in the future, we lose the tranquility of the present moment. We seem to be like helpless monkeys jumping from one branch to another, from yesterday to tomorrow. And in the bargain, we lose the gift of being Happy in the present.

With this book, AiR hopes to inspire people to live life moment by moment, if they really want to be Happy.

14. Questions you must answer before you die

Most of us live and die but we don't ask the question – Why? We just exist! We don't want to invest time in asking essential questions which are actually needed to lead a fulfilling and blissful life. There are so many critical questions that we must answer before our journey of life is over. What will happen to us after we die? Who created this universe? How can we be Happy all the time? Who is God, where is God, what is God? Like this, there are so many questions which we are ignorant about and somehow, we believe that ignorance is bliss. We blissfully live in ignorance till we die. Isn't it time to stop and ask questions?

15. Suffer No More

Suffer No More is a personal experience of overcoming

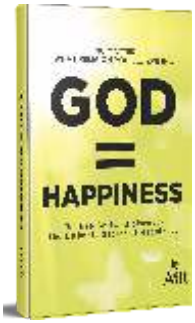
anguish, anxiety, distress, and grief. We all suffer physical pain. Who on earth can escape from it? But while there is pain, can we do away with the suffering? What is suffering? While we all experience it, have we gone on a quest to understand what the primary cause of misery is? We live in this ignorance, this myth, that suffering is an unavoidable part of life. We can be free from suffering if only we realize that we are the prisoners of negative emotions that continue to make us miserable. Suffer No More is an analysis of suffering, what causes it and how we can overcome it. If one wants to truly live with eternal joy and everlasting peace, it's possible! This book will help you Realize the Truth and Suffer No More!

16. Success is not Happiness...Happiness is Success

Everybody wants to succeed. If one goes deep into the psychology of winning, one will realize that people want to win because this makes them Happy, just as failure makes them miserable. People want to succeed and they do everything possible to win because they want to be Happy. In fact, humanity, by and large, believes that Success is like a cause, of which Happiness is the effect. In the present book the readers will discover the reality that Success equals Happiness is an illusion. No doubt Success

creates a sense of gratification that makes us Happy but Real Happiness is beyond achievement. It is contentment and fulfillment. It's time for us to realize the Truth. Instead of chasing Success to be Happy, we should try to be Happy.

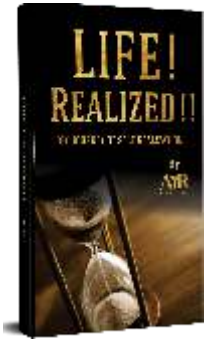
17. God = Happiness



We understand what it means to be happy, especially when we compare it to those times when we are miserable and unhappy. But how exactly is our state of joy or sorrow connected to God, remains a mystery. Yes, we pray thinking of God as somebody in heaven who has a magic wand with which he controls our Happiness. But is this true or is there something else that we are ignorant about? In his quest to discover Truth and the purpose of life, the author found answers that liberated him from misery and sorrow. He also realized that people didn't know where exactly to search for Happiness. All pray to God but do we know the Real Truth about God? We may believe in any religion but that hardly matters, because God is beyond religion. While we evolve in life, we don't Spiritually evolve to realize that God is far more powerful than what we imagine. This book is not about religion. It takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life ! Realized ! !

The present book is a personal reflection of the author who has



written several books on life, happiness, and almost everything that matters in the life journey. Like anybody else, he too spent many years of his life chasing success and money but then, he took an exit from this first peak of happiness - Achievement, transformed his life and started living with Contentment and Fulfillment. He realized that what mattered the most was his Life Realization. There were many questions in his mind and after a profound investigation he discovered the Truth. He decided to pen down all his realizations together to share them with the world. Those who wish to start a quest of self-realization and God-realization must read this book as it will direct them towards the path which will help them realize the Truth.

19. True Love is Bliss Not Just a Kiss

Coming Soon

20. The True Meaning of YOGA

||Om Namah Shivaya|| ||Shivoham||

Visit Google play **or Scan the QR Code to download the AiR - *Atman* in Ravi App.**
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A.i.R.
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Love is when a little child loves mom and dad
Love is when friendship, makes someone glad.
Love is when two lovers live with romance
Love is when a boy and a girl sing together and dance.

***True* Love is a fountain of Peace, it's Love that creates Bliss**
***True* Love is beyond body and mind, it is beyond a kiss.**
***True* Love is Divine, it is loving every Soul**
***True* Love is loving universally, that is our life's Goal.**

TRUE LOVE IS BLISS
NOT JUST A KISS!

Love is a fountain of Joy. It is a source of Happiness. In True Love, there can be no suffering, no pain and no heartbreak. Then why do most of the world's Love stories end in a tragedy?

This is because we don't know the meaning of True Love. We think Love is romance between a man and a woman. It is intimacy, hugs, kisses, and sex. While this may be a manifestation of Love, it is not True Love.

True Love is Divine. It appears every moment of our life from birth to death. It manifests as the 7 colors of the rainbow. Alas! We do not experience the rapture of Soulful Love because we do not discover the meaning of True Love.

True Love is Bliss, not just a Kiss – this book will change the way you Love and the way you live. Once you discover the True meaning of Love, you will enjoy the ecstasy of Love every moment of your life as you live with Joy, Peace, and Bliss.

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